



Creamy Confetti Succotash



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



114 kcal

SIDE DISH

Ingredients



1 tablespoon butter



0.5 cup bell pepper green red yellow chopped



2 tablespoons spring onion sliced



2 cups corn fresh whole



1 cup baby lima beans frozen



2 tablespoons marjoram dried fresh chopped



0.3 teaspoon salt



0.1 teaspoon pepper

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0.3 cup frangelico

Equipment

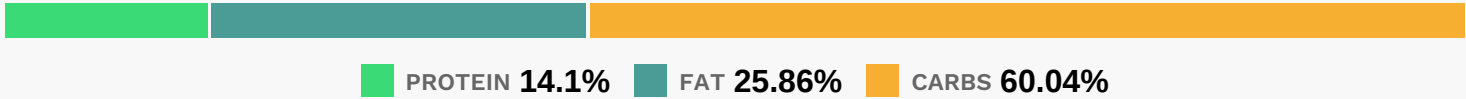
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frying pan

Directions

- ☐ Melt butter in 10-inch skillet over medium-high heat. Cook bell pepper and onions in butter 2 to 3 minutes, stirring occasionally, until crisp-tender.
- ☐ Stir in remaining ingredients; reduce heat to medium-low. Cover and cook 5 to 6 minutes, stirring occasionally, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:5.7143478181375%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 113.87kcal (5.69%), Fat: 3.34g (5.14%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 14.85g (5.4%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 258.99mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin C: 16.59mg (20.11%), Manganese: 0.34mg (16.8%), Vitamin K: 11.13µg (10.6%), Fiber: 2.62g (10.48%), Iron: 1.61mg (8.95%), Folate: 31.84µg (7.96%), Potassium: 264.6mg (7.56%), Magnesium: 27.91mg (6.98%), Phosphorus: 65.75mg (6.58%), Vitamin A: 306.02IU (6.12%), Vitamin B6: 0.1mg (4.86%), Vitamin B3: 0.92mg (4.61%), Copper: 0.08mg (4.11%), Vitamin B1: 0.06mg (3.92%), Calcium: 32.95mg (3.3%), Zinc: 0.43mg (2.89%), Vitamin B2: 0.04mg (2.55%), Vitamin E: 0.17mg (1.13%), Selenium: 0.74µg (1.06%)