



Creamy Succotash

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- 15 ounce shell beans drained canned
- 1.5 cups corn kernels yellow frozen
- 1 cup milk
- 1.5 cups cut okra frozen
- 4 ounce pimento drained chopped
- 3 tablespoons sauce mix white (recommended: Knorr)

Equipment

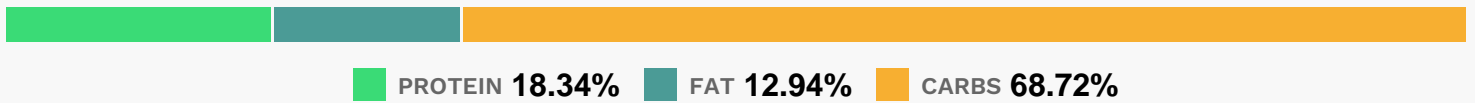
- bowl

- paper towels
- sauce pan
- whisk
- microwave

Directions

- In a microwave-safe bowl, combine corn, okra and 1 tablespoon water. Cover with damp paper towels and microwave on high setting for 7 to 8 minutes.
- In a medium saucepan, over medium heat, whisk together milk and white sauce mix. Bring to boil, whisking constantly. Reduce heat to simmer and continue stirring for 1 minute.
- Remove from heat.
- Add cooked corn and okra, butter beans and chopped pimento to white sauce. Return to medium heat and heat through.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:2.98, Inflammation Score:-6, Nutrition Score:8.031304364619%

Flavonoids

Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 100.43kcal (5.02%), Fat: 1.53g (2.35%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 14.19g (5.16%), Sugar: 4.71g (5.23%), Cholesterol: 3.66mg (1.22%), Sodium: 257.1mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin C: 19.55mg (23.69%), Manganese: 0.39mg (19.5%), Fiber: 4.09g (16.37%), Folate: 50.2µg (12.55%), Vitamin A: 573.84IU (11.48%), Magnesium: 40.07mg (10.02%), Phosphorus: 98.7mg (9.87%), Potassium: 286.7mg (8.19%), Iron: 1.45mg (8.07%), Vitamin B6: 0.16mg (7.8%), Vitamin K: 7.41µg (7.05%), Copper: 0.14mg (6.75%), Calcium: 65.97mg (6.6%), Vitamin B1: 0.1mg (6.54%), Vitamin B2: 0.11mg (6.42%), Zinc: 0.71mg (4.74%), Selenium: 3.32µg (4.74%), Vitamin B5: 0.41mg (4.08%), Vitamin B3: 0.77mg (3.86%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.21mg (1.42%)