



Edamame Succotash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup chicken broth
- ☐ 2.5 cups kernel corn whole frozen
- ☐ 16 oz edamame frozen thawed
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 medium onion chopped
- ☐ 1 medium size orange bell pepper diced seeded

- ☐ 1 medium size bell pepper diced red seeded
- ☐ 8 servings salt and pepper to taste
- ☐ 1 medium size bell pepper diced yellow seeded

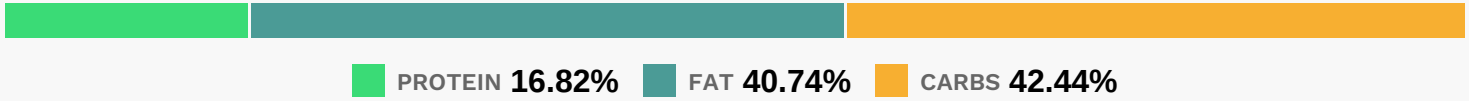
Equipment

- ☐ frying pan

Directions

- ☐ Saut onion in hot oil in a large skillet over medium heat 3 minutes or until tender.
- ☐ Add bell peppers and corn, and cook 5 more minutes or until tender.
- ☐ Stir in chicken broth, and bring to a boil over medium-high heat; reduce heat to low. Stir in edamame; cook 3 minutes. Stir in butter until melted.
- ☐ Remove from heat, and stir in mint and salt and pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:8.6373912630522%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 165.7kcal (8.29%), Fat: 7.65g (11.78%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 14.6g (5.31%), Sugar: 3.43g (3.81%), Cholesterol: 4.06mg (1.35%), Sodium: 338.17mg (14.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin C: 67.39mg (81.68%), Vitamin A: 1032.07IU (20.64%), Fiber: 3.34g (13.35%), Potassium: 431.33mg (12.32%), Iron: 1.9mg (10.57%), Folate: 34.52µg

(8.63%), Vitamin E: 1.13mg (7.55%), Vitamin B6: 0.13mg (6.45%), Calcium: 57.2mg (5.72%), Manganese: 0.11mg (5.47%), Vitamin B3: 0.85mg (4.24%), Vitamin K: 4.13µg (3.93%), Phosphorus: 35.97mg (3.6%), Magnesium: 12.57mg (3.14%), Vitamin B2: 0.05mg (2.98%), Vitamin B1: 0.04mg (2.48%), Copper: 0.05mg (2.26%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.14mg (1.42%)