



Edamame Succotash

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons basil
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 16 ounce edamame frozen shelled thawed
- ☐ 2 cups ears corn fresh (3 ears)
- ☐ 3 plum tomatoes coarsely chopped
- ☐ 1 bell pepper red seeded coarsely chopped
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 2 cups onion sweet chopped
- ☐ 1 slice bacon

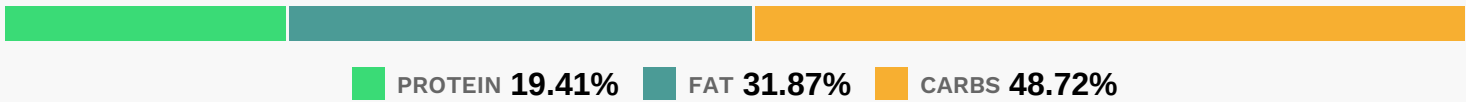
Equipment

- ☐ frying pan

Directions

- ☐ Cook bacon in a nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan; coarsely chop bacon.
- ☐ Increase the heat to medium-high. Melt butter in drippings in pan.
- ☐ Add onion; saut 3 minutes, stirring occasionally.
- ☐ Add corn kernels; saut for 3 minutes or until lightly charred.
- ☐ Add edamame, and saut for 3 minutes, stirring occasionally. Stir in vinegar and next 5 ingredients (through bell pepper); cook 30 seconds, stirring occasionally.
- ☐ Sprinkle with bacon and basil.

Nutrition Facts



Properties

Glycemic Index:73.02, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:14.771304186919%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 308.92kcal (15.45%), Fat: 11.44g (17.6%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 31.32g (11.39%), Sugar: 14.6g (16.22%), Cholesterol: 13.47mg (4.49%), Sodium: 394.27mg (17.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.37%), Vitamin C: 53.53mg (64.88%), Vitamin A: 1626.48IU (32.53%), Fiber: 8.03g (32.13%), Potassium: 1005.15mg (28.72%), Iron: 4.05mg (22.48%), Folate: 70.68µg (17.67%), Vitamin B6: 0.32mg (16.11%), Manganese: 0.32mg (15.98%), Vitamin B1: 0.2mg (13.62%), Calcium: 123.34mg (12.33%), Phosphorus: 120.65mg (12.07%), Vitamin K: 12.47µg (11.87%), Vitamin B3: 2.34mg (11.68%), Magnesium: 45.56mg (11.39%), Vitamin B5: 0.79mg (7.94%), Copper: 0.13mg (6.52%), Vitamin E: 0.92mg (6.15%), Vitamin B2: 0.1mg (5.89%), Zinc: 0.72mg (4.79%), Selenium: 2.73µg (3.9%)