



Edamame Succotash Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1722 min.

SERVINGS



10

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound edamame shelled thawed (soybeans)
- ☐ 0.3 cup chives fresh minced
- ☐ 1 pound corn kernels frozen thawed
- ☐ 1.3 teaspoons kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion chopped
- ☐ 2 large plum tomatoes diced ripe

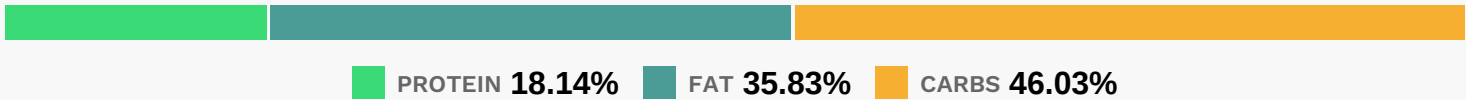
Equipment

☐ sauce pan

Directions

- ☐ Heat the oil in a 4-quart saucepan over medium heat.
- ☐ Add the onion and cook, stirring often, until softened but not browned, 4 to 5 minutes.
- ☐ Add the edamame and corn and cook, turning often, until heated through, about 7 minutes. Stir in the tomato, salt and pepper.
- ☐ Let cool and then chill if packing in a lunch box. When ready to serve, stir in the chives or basil.
- ☐ Real Food for Healthy Kids
- ☐ See Nutrition Data's analysis of this recipe ›
- ☐ Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper
- ☐ Collins Publishers.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:3.4534782832083%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 117.37kcal (5.87%), Fat: 4.91g (7.56%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 11.08g (4.03%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 384.83mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Fiber: 3.12g (12.47%), Potassium: 313.76mg (8.96%), Iron: 1.44mg (8.02%), Folate: 21.79µg (5.45%), Vitamin K: 4.92µg (4.69%), Vitamin C: 3.82mg (4.63%), Manganese:

0.09mg (4.54%), Calcium: 43.87mg (4.39%), Vitamin E: 0.52mg (3.44%), Vitamin A: 167.73IU (3.35%), Phosphorus: 27.69mg (2.77%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.55mg (2.74%), Magnesium: 8.87mg (2.22%), Vitamin B6: 0.04mg (2.07%), Vitamin B5: 0.19mg (1.9%), Vitamin B1: 0.03mg (1.82%), Copper: 0.03mg (1.45%), Zinc: 0.19mg (1.28%)