

Fast Succotash

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce regular corn frozen
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon sauce red hot (recommended: Frank's)
- ☐ 16 ounce lima beans *soaked overnight frozen
- ☐ 10 ounce pearl onions frozen
- ☐ 6 servings salt and pepper black freshly ground

☐ 4 strips bacon thick-cut chopped

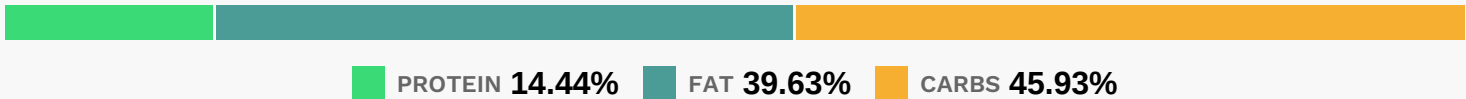
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a large skillet fry bacon until crispy and remove to a paper towel-lined plate, reserving fat in pan. To the skillet add the bell pepper and garlic and cook until softened slightly, about 5 minutes.
- ☐ Add corn, lima beans, pearl onions, hot sauce and cream. Bring to a simmer and cook until vegetables are thawed and tender. Stir in reserved bacon and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:4.4, Inflammation Score:-7, Nutrition Score:14.273478238479%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg

Nutrients (% of daily need)

Calories: 329.92kcal (16.5%), Fat: 15.26g (23.48%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 31.21g (11.35%), Sugar: 5.06g (5.63%), Cholesterol: 30.78mg (10.26%), Sodium: 195.52mg (8.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.03%), Fiber: 8.58g (34.34%), Manganese: 0.62mg (30.93%), Vitamin C: 25.12mg (30.45%), Folate: 104.51µg (26.13%), Potassium: 773.41mg (22.1%), Vitamin B6: 0.43mg (21.66%), Phosphorus: 210.51mg (21.05%), Vitamin B1: 0.3mg (20.17%), Magnesium: 67.51mg (16.88%), Iron: 2.62mg (14.54%), Selenium: 9.54µg (13.63%), Vitamin B3: 2.72mg (13.59%), Copper: 0.26mg (13.1%), Zinc: 1.68mg (11.17%), Vitamin B2: 0.17mg (10.08%), Vitamin B5: 0.79mg (7.9%), Vitamin A: 281.19IU (5.62%), Calcium: 40mg (4%), Vitamin K: 3.76µg (3.58%), Vitamin E: 0.45mg (2.97%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.31µg (2.05%)