



Fava Bean, White Corn, and Wild Mushroom Succotash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter divided
- ☐ 0.5 pound chanterelles cleaned coarsely chopped
- ☐ 1.3 cups ears corn fresh white ()
- ☐ 1 pound avarakkai / broad beans fresh
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.5 teaspoon sea salt divided

☐ 0.3 cup onion diced sweet

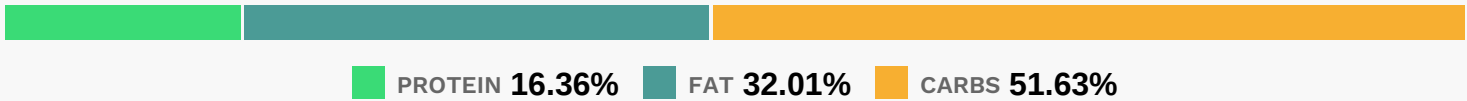
Equipment

☐ frying pan

Directions

- ☐ Shell fava beans; cook in boiling water to cover 1 minute.
- ☐ Drain well. Rinse under cold running water, and pat dry. Use your fingertips to pull a bit of the tough skin from the top of each bean, and push bean out of skin. Set beans aside.
- ☐ Melt 1 tablespoon butter over medium heat in a medium skillet; add mushrooms, 1/4 teaspoon salt, and pepper. Saut 4 minutes or just until tender.
- ☐ Transfer to a plate.
- ☐ Add 1 tablespoon butter to the skillet.
- ☐ Add onion and remaining 1/4 teaspoon salt; saut 2 minutes.
- ☐ Add corn and remaining 1 tablespoon butter, and saut 3 minutes. Stir in fava beans, and saut 2 minutes.
- ☐ Add mushrooms; saut 1 minute or until thoroughly heated. Stir in tarragon, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:9.92, Inflammation Score:-7, Nutrition Score:16.266521891822%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 269.21kcal (13.46%), Fat: 10.02g (15.42%), Saturated Fat: 5.65g (35.34%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 26.93g (9.79%), Sugar: 6.07g (6.74%), Cholesterol: 22.58mg (7.53%), Sodium: 377.68mg (16.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Manganese: 0.88mg (43.86%), Fiber: 9.44g (37.74%), Folate: 145.53µg (36.38%), Copper: 0.54mg (26.88%), Iron: 4.51mg (25.07%), Phosphorus: 225.29mg (22.53%), Potassium: 782.14mg (22.35%), Vitamin B3: 4.1mg (20.5%), Magnesium: 80.3mg (20.08%), Vitamin D: 3.01µg (20.03%), Vitamin B2: 0.28mg (16.29%), Vitamin B1: 0.2mg (13.19%), Zinc: 1.85mg (12.33%), Vitamin B5: 1.14mg (11.36%), Vitamin B6: 0.2mg (10.23%), Vitamin A: 438.42IU (8.77%), Calcium: 75.42mg (7.54%), Selenium: 4.71µg (6.72%), Vitamin C: 4.78mg (5.79%), Vitamin K: 4.39µg (4.18%), Vitamin E: 0.3mg (2.01%)