



Garden Succotash

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 cup shell beans fresh
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1.3 cups corn kernels fresh 2 small ears
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon garlic chopped
- ☐ 1 bell pepper diced green seeded

- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 bell pepper diced red seeded
- ☐ 0.8 teaspoon salt
- ☐ 1 cup mushroom caps chopped
- ☐ 1 medium tomatoes peeled seeded chopped
- ☐ 0.8 cup whipping cream

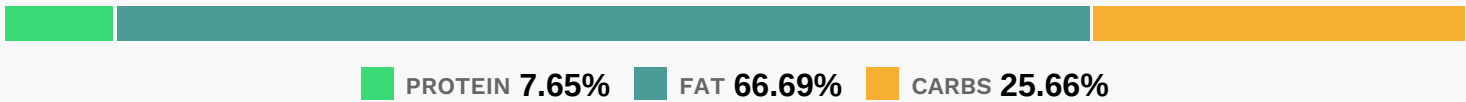
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place beans in boiling water to cover in a small saucepan; simmer 3 minutes or until crisp-tender.
- ☐ Drain; rinse with cold water, and drain.
- ☐ Saut corn kernels, chopped mushrooms, bell peppers, salt, and pepper in hot oil in a medium skillet over medium-high heat for 5 minutes or until corn is crisp-tender.
- ☐ Add chopped garlic, and saut 30 seconds. Stir in white wine, and cook 1 minute.
- ☐ Add whipping cream and beans; reduce heat to medium low, and simmer, covered, 25 to 30 minutes or until beans are tender.
- ☐ Remove from heat, and stir in butter.
- ☐ Add chopped tomato, parsley, and chives, and stir just until combined.

Nutrition Facts



Properties

Glycemic Index:57.92, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:13.0586956869%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 263.66kcal (13.18%), Fat: 20.02g (30.8%), Saturated Fat: 10.04g (62.73%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 13.08g (4.76%), Sugar: 6.3g (7%), Cholesterol: 43.65mg (14.55%), Sodium: 340.57mg (14.81%), Alcohol: 1.03g (100%), Alcohol %: 0.64% (100%), Protein: 5.16g (10.33%), Vitamin C: 47.63mg (57.73%), Vitamin A: 1553.97IU (31.08%), Vitamin K: 20.89µg (19.89%), Manganese: 0.36mg (17.87%), Fiber: 4.25g (17.01%), Vitamin B6: 0.31mg (15.75%), Potassium: 484.46mg (13.84%), Folate: 54.26µg (13.57%), Phosphorus: 130.57mg (13.06%), Vitamin B3: 2.55mg (12.76%), Vitamin B2: 0.2mg (11.66%), Vitamin E: 1.62mg (10.81%), Vitamin B5: 1.07mg (10.74%), Magnesium: 39.37mg (9.84%), Vitamin B1: 0.13mg (8.54%), Copper: 0.16mg (8.06%), Iron: 1.23mg (6.83%), Zinc: 0.96mg (6.42%), Selenium: 4.4µg (6.29%), Vitamin D: 0.63µg (4.18%), Calcium: 34.86mg (3.49%)