



Grilled Corn Succotash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 4 ears shucked corn
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup grape tomatoes halved
- ☐ 2 cups cut green beans (1-inch) ()

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 cup lima beans *soaked overnight shelled
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 4 cups water

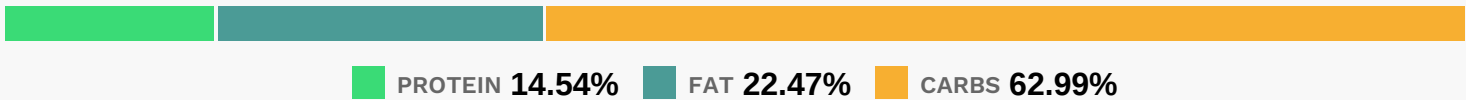
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place corn on grill rack coated with cooking spray; cook 10 minutes or until lightly browned, turning every 2 minutes. Cool.
- ☐ Cut kernels from ears of corn.
- ☐ Bring 4 cups water to a boil in a large saucepan.
- ☐ Add lima beans; cook for 20 minutes.
- ☐ Add green beans; cook 2 minutes.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add chopped onion and garlic; cook, stirring occasionally, for 5 minutes or until onion is lightly browned. Stir in corn, and cook 2 minutes.
- ☐ Add beans; cook for 2 minutes.
- ☐ Remove from heat. Stir in tomatoes and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:62.42, Glycemic Load:3.23, Inflammation Score:-7, Nutrition Score:10.336521723024%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 144.33kcal (7.22%), Fat: 3.95g (6.07%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 19.7g (7.16%), Sugar: 8.15g (9.06%), Cholesterol: 7.53mg (2.51%), Sodium: 336.09mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Manganese: 0.44mg (22.25%), Vitamin K: 23.19µg (22.09%), Fiber: 5.2g (20.82%), Vitamin C: 15.87mg (19.24%), Folate: 73.68µg (18.42%), Potassium: 512.15mg (14.63%), Vitamin A: 713.58IU (14.27%), Magnesium: 53.47mg (13.37%), Vitamin B1: 0.2mg (13.23%), Phosphorus: 119.68mg (11.97%), Vitamin B6: 0.23mg (11.29%), Copper: 0.19mg (9.55%), Iron: 1.64mg (9.13%), Vitamin B3: 1.66mg (8.32%), Vitamin B5: 0.72mg (7.18%), Vitamin B2: 0.1mg (6.12%), Zinc: 0.79mg (5.29%), Calcium: 39.36mg (3.94%), Selenium: 2.31µg (3.3%), Vitamin E: 0.48mg (3.23%)