



Grilled Summer Veggie Succotash

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

Ingredients

- 4 bacon
- 2 tablespoons balsamic vinegar
- 1 tablespoon butter
- 2 ears corn fresh
- 0.3 teaspoon garlic powder
- 10 ounce grape tomatoes
- 0.3 teaspoon lemon pepper
- 1 cup lima beans *soaked overnight cooked

- 2 tablespoons olive oil
- 1 small onion red sliced
- 0.5 teaspoon salt
- 2 small zucchini cut in half lengthwise (16 ounces total)

Equipment

- bowl
- sauce pan
- grill

Directions

- Preheat grill to medium-high heat (350 to 400). Melt butter in a small saucepan; stir in oil.
- Brush corn, zucchini, and onion with half the oil-butter mixture, and place on greased grill grate.
- Place bacon strips off to the side on grate.
- Grill corn 8 to 10 minutes, onion 8 minutes, and zucchini 5 to 7 minutes, turning and basting all vegetables several times; remove vegetables as they are done. Grill bacon about 5 minutes on each side.
- Remove bacon, and set aside with vegetables until cool enough to handle.
- Add tomatoes to grill; grill 3 to 5 minutes, basting with remaining oil-butter mixture.
- Cut kernels from corn, and place in a large bowl. Chop zucchini, onion, and bacon; add to bowl. Stir in tomatoes and lima beans.
- Stir together vinegar and next 3 ingredients.
- Pour over succotash; toss well.

Nutrition Facts

 PROTEIN 11.89%  FAT 54.58%  CARBS 33.53%

Properties

Glycemic Index:41.42, Glycemic Load:2.82, Inflammation Score:-6, Nutrition Score:9.233913064003%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 208.82kcal (10.44%), Fat: 13.15g (20.23%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 14.07g (5.12%), Sugar: 6.59g (7.32%), Cholesterol: 14.7mg (4.9%), Sodium: 318.67mg (13.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.89%), Vitamin C: 16.91mg (20.5%), Manganese: 0.38mg (18.93%), Fiber: 4.1g (16.39%), Potassium: 519.84mg (14.85%), Folate: 58.76µg (14.69%), Vitamin B6: 0.24mg (12.18%), Vitamin B1: 0.18mg (12.12%), Vitamin A: 592.91IU (11.86%), Phosphorus: 116.43mg (11.64%), Magnesium: 41.37mg (10.34%), Vitamin K: 9.32µg (8.88%), Vitamin B3: 1.74mg (8.68%), Vitamin E: 1.17mg (7.83%), Copper: 0.16mg (7.76%), Iron: 1.36mg (7.55%), Selenium: 4.77µg (6.81%), Vitamin B5: 0.58mg (5.78%), Vitamin B2: 0.1mg (5.74%), Zinc: 0.86mg (5.72%), Calcium: 24.53mg (2.45%), Vitamin B12: 0.08µg (1.29%)