



Ham and Succotash Stew with Cheddar Biscuits

READY IN



45 min.

SERVINGS



2

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup chicken broth
- 0.3 cup milk
- 1 tablespoon flour unsalted all-purpose softened
- 1 tablespoon butter unsalted
- 0.8 pound ham steak cut into 1-inch pieces (2 cups)
- 0.8 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 1 cup baby lima beans frozen

- 2 garlic clove minced
- 0.3 cup cornmeal yellow
- 1 cup corn frozen
- 0.8 cup water
- 0.3 teaspoon thyme dried crumbled
- 1 slices carrots
- 1 medium onion chopped fine
- 0.3 cup flour all-purpose
- 0.5 cup sharp cheddar cheese finely grated

Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

Directions

- In a large saucepan cook the onion and the garlic in the butter over moderately low heat, stirring, until the onion is softened.
- Add the ham, the carrot, the corn, the lima beans, the broth, the water, and the thyme and simmer the stew, covered, for 10 to 12 minutes, or until the carrot is tender. While the stew is simmering, in a bowl whisk together the cornmeal, the flour, the baking powder, and the salt, add the Cheddar, and toss the mixture well. Stir in the milk until the dough is just combined.
- Add the beurre manié to the stew, a little at a time, stirring until the sauce is thickened, and simmer the stew for 2 minutes.
- Transfer the stew to a buttered 1-quart shallow baking dish, drop the biscuit dough in 6 mounds on top of it, and bake the stew in the upper third of a preheated 425°F. oven for 15 minutes, or until the biscuits are golden.

Nutrition Facts



■ PROTEIN 28% ■ FAT 29.68% ■ CARBS 42.32%

Properties

Glycemic Index:239.67, Glycemic Load:23.8, Inflammation Score:-10, Nutrition Score:47.006956618765%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 785.11kcal (39.26%), Fat: 26.26g (40.4%), Saturated Fat: 12.52g (78.23%), Carbohydrates: 84.25g (28.08%), Net Carbohydrates: 71.87g (26.14%), Sugar: 7.56g (8.4%), Cholesterol: 125.27mg (41.76%), Sodium: 3229.53mg (140.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.74g (111.48%), Vitamin A: 10864.23IU (217.28%), Vitamin B1: 1.87mg (124.49%), Vitamin C: 76.35mg (92.55%), Phosphorus: 905.35mg (90.54%), Vitamin B3: 13.43mg (67.17%), Selenium: 46.28µg (66.11%), Manganese: 1.29mg (64.62%), Vitamin B6: 1.26mg (63.02%), Vitamin B2: 0.86mg (50.8%), Fiber: 12.38g (49.51%), Potassium: 1624.69mg (46.42%), Zinc: 6.8mg (45.36%), Calcium: 416.9mg (41.69%), Magnesium: 152.7mg (38.18%), Iron: 6.35mg (35.26%), Folate: 133.59µg (33.4%), Vitamin B12: 1.84µg (30.62%), Copper: 0.46mg (22.83%), Vitamin B5: 2.15mg (21.51%), Vitamin K: 11.82µg (11.26%), Vitamin E: 0.94mg (6.24%), Vitamin D: 0.61µg (4.07%)