



Indian Succotash

 Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



347 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon cut into 1-inch pieces
- ☐ 0.3 cup pepper black
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon chicken stock cube
- ☐ 16 ounce shoe-peg corn fresh frozen canned use if you can get it
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 0.3 cup garlic powder
- ☐ 1 ham hock

- ☐ 0.5 teaspoon sauce hot
- ☐ 2 cups okra sliced
- ☐ 1 cup salt
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 4 tomatoes fresh cut into chunks
- ☐ 2 quarts water
- ☐ 16 ounce use fresh green frozen

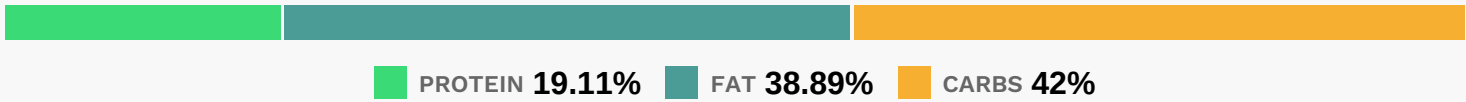
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Put ham hock in a stockpot and add the water. Bring to a boil, cover, reduce heat to a simmer, and cook for 1 to 1 1/2 hours.
- ☐ Add House Seasoning and seasoned salt to water as hock simmers.
- ☐ Add more water as needed (up to 2 more cups as the meat cooks).
- ☐ Add the butter beans, 2 tablespoons butter, and hot sauce and return the liquid to a boil. Reduce the heat, cover, and cook over low heat for 20 minutes, or until the beans are done.
- ☐ Remove butter beans and reserve liquid. In a skillet, saute bacon until crisp.
- ☐ Add corn, okra, and a small amount of liquid from the butter beans and simmer for about 10 minutes.
- ☐ Add parsley and chicken base; cover and simmer for about 20 minutes, stirring occasionally.
- ☐ Add fresh tomatoes and remaining 4 tablespoons butter at the last minute. Simmer until tomatoes are heated through.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:10.48, Inflammation Score:-8, Nutrition Score:21.227826146976%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 347.28kcal (17.36%), Fat: 15.86g (24.4%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 29.05g (10.56%), Sugar: 6.52g (7.24%), Cholesterol: 41.61mg (13.87%), Sodium: 14489.59mg (629.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.07%), Manganese: 1.71mg (85.65%), Vitamin K: 67.47µg (64.25%), Fiber: 9.49g (37.96%), Potassium: 948.66mg (27.1%), Vitamin C: 21.16mg (25.65%), Vitamin A: 1188.01IU (23.76%), Folate: 93.11µg (23.28%), Vitamin B6: 0.46mg (23.25%), Magnesium: 84.72mg (21.18%), Copper: 0.42mg (21.11%), Iron: 3.76mg (20.9%), Phosphorus: 205.49mg (20.55%), Vitamin B1: 0.31mg (20.35%), Vitamin B3: 2.66mg (13.3%), Selenium: 8.43µg (12.04%), Zinc: 1.73mg (11.57%), Vitamin B5: 1.07mg (10.7%), Calcium: 102.36mg (10.24%), Vitamin B2: 0.13mg (7.78%), Vitamin E: 0.85mg (5.69%), Vitamin B12: 0.09µg (1.49%)