



Iron-Skillet Succotash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 10 servings coarse kosher salt
- ☐ 10 ounce corn kernels frozen
- ☐ 10 ounce edamame frozen shelled
- ☐ 1 tablespoon marjoram fresh minced
- ☐ 1 large orange bell pepper cut into 1/2-inch pieces (1 1/2 cups)
- ☐ 1 large bell pepper red cut into 1/2-inch pieces (1 1/2 cups)
- ☐ 1 large onion white cut into 1/2-inch pieces (2 1/2 cups)

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18 ounces zucchini trimmed cut into 1/2-inch cubes (4)

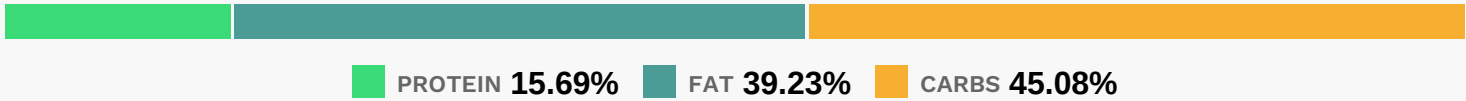
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt butter in heavy large skillet (preferably cast iron) over medium-high heat.
- ☐ Add onion; cook until golden, about 5 minutes.
- ☐ Add zucchini and peppers; cook until beginning to soften, stirring often, about 5 minutes.
- ☐ Add lima beans and corn; cook until heated through, stirring constantly, about 5 minutes.
- ☐ Mix in marjoram. Season with coarse salt and black pepper.
- ☐ Transfer succotash to large bowl and serve.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:8.6143478307387%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 106.86kcal (5.34%), Fat: 4.98g (7.66%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 9.69g (3.52%), Sugar: 5.32g (5.91%), Cholesterol: 9.03mg (3.01%), Sodium: 285.02mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Vitamin C: 52.95mg (64.18%), Vitamin A: 1263.89IU (25.28%), Fiber: 3.18g (12.7%), Potassium: 391.83mg (11.2%), Vitamin B6: 0.21mg (10.37%), Folate: 41.1µg (10.28%), Manganese: 0.18mg (8.98%), Vitamin K: 7.44µg (7.08%), Iron: 1.22mg (6.77%), Vitamin B2: 0.11mg (6.28%), Vitamin E: 0.71mg (4.71%), Phosphorus: 46.43mg (4.64%), Magnesium: 18.5mg (4.62%), Vitamin B3: 0.86mg

(4.28%), Calcium: 39.53mg (3.95%), Vitamin B1: 0.06mg (3.9%), Vitamin B5: 0.33mg (3.33%), Zinc: 0.37mg (2.45%),
Copper: 0.05mg (2.41%)