



## 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)

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.

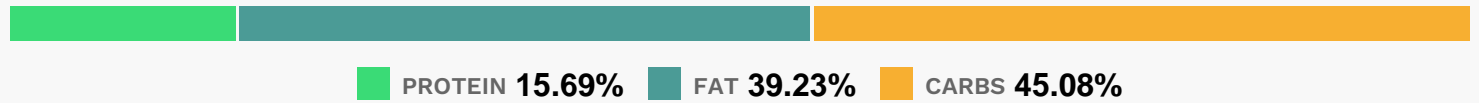
Add zucchini and peppers; cook until beginning to soften, stirring often, about 5 minutes.

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%)