



HEALTH SCORE

51%

Mediterranean Succotash



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 30 ounce .5 can cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 10 ounce couscous
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup bell pepper red chopped
- ☐ 1 cup vegetable broth organic
- ☐ 1 cup zucchini chopped

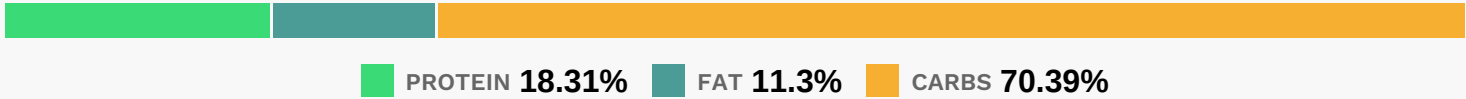
Equipment

- ☐ slow cooker

Directions

- ☐ Place first 7 ingredients in a 4-quart electric slow cooker; stir well. Cover and cook on LOW for 4 hours. Stir in parsley and next 3 ingredients (through black pepper).
- ☐ Cook couscous according to package directions, omitting salt and fat.
- ☐ Serve succotash over couscous; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:24.13, Inflammation Score:-8, Nutrition Score:19.360000247541%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 323.2kcal (16.16%), Fat: 4.12g (6.34%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 57.74g (19.25%), Net Carbohydrates: 48.96g (17.8%), Sugar: 4.75g (5.28%), Cholesterol: 8.34mg (2.78%), Sodium: 436.82mg (18.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.03%), Manganese: 1mg (49.9%), Vitamin C: 35.52mg (43.06%), Vitamin K: 38.54µg (36.7%), Fiber: 8.78g (35.12%), Iron: 4.64mg (25.76%), Folate: 102.04µg (25.51%),

Copper: 0.46mg (23.01%), Potassium: 803.71mg (22.96%), Magnesium: 89.76mg (22.44%), Phosphorus: 219.49mg (21.95%), Vitamin A: 1018.5IU (20.37%), Vitamin B6: 0.33mg (16.53%), Calcium: 163.5mg (16.35%), Vitamin B1: 0.24mg (15.71%), Vitamin E: 2.15mg (14.36%), Zinc: 2.03mg (13.52%), Vitamin B2: 0.21mg (12.19%), Vitamin B3: 2.38mg (11.92%), Vitamin B5: 0.98mg (9.81%), Selenium: 3.66µg (5.22%), Vitamin B12: 0.16µg (2.64%)