

health-score 62%

HEALTH SCORE

Mediterranean Succotash

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

22 min.

SERVINGS

servings

4

CALORIES

calories

250 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus sliced
- ☐ 1 can shell beans drained
- ☐ 2 cups corn kernels frozen
- ☐ 1 Handful flat-leaf parsley chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion diced red
- ☐ 4 servings salt and pepper

☐ 2 bell peppers green red yellow seeded chopped

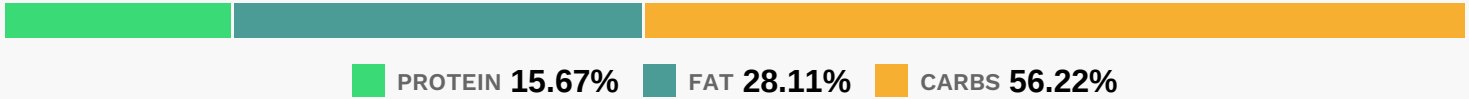
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a medium skillet over medium high heat.
- ☐ Add oil, onion, garlic, peppers.
- ☐ Saute peppers, stirring frequently, 5 minutes.
- ☐ Add asparagus and corn, cook 3 to 5 minutes longer.
- ☐ Add beans and heat them through, 1 or 2 minutes. Season dish with salt and pepper, to your taste, then stir in parsley.
- ☐ Transfer to dinner plates or bowls and serve.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:5.46, Inflammation Score:-9, Nutrition Score:22.899130530979%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 22.65mg, Quercetin: 22.65mg, Quercetin: 22.65mg, Quercetin: 22.65mg

Nutrients (% of daily need)

Calories: 250.13kcal (12.51%), Fat: 8.46g (13.02%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 27.35g (9.95%), Sugar: 8.37g (9.3%), Cholesterol: 0mg (0%), Sodium: 730.86mg (31.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.23%), Vitamin C: 59.28mg (71.86%), Vitamin K: 71.95µg (68.53%), Fiber: 10.73g (42.92%), Manganese: 0.8mg (39.93%), Folate: 155.58µg (38.9%), Iron: 4.97mg (27.62%), Copper: 0.49mg (24.51%), Vitamin A: 1192.47IU (23.85%), Vitamin B6: 0.42mg (20.84%), Potassium: 729.03mg

(20.83%), Vitamin B1: 0.3mg (20.07%), Phosphorus: 198.89mg (19.89%), Magnesium: 78.11mg (19.53%), Vitamin B2: 0.29mg (17.36%), Vitamin E: 2.59mg (17.25%), Vitamin B3: 2.54mg (12.72%), Selenium: 8.29µg (11.85%), Zinc: 1.72mg (11.5%), Vitamin B5: 0.98mg (9.85%), Calcium: 68.7mg (6.87%)