



Piggy Succotash

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- 10 ounce corn kernels fresh frozen thawed (from 2 to 3 ears)
- 12 ounce ham steak diced
- 6 servings kosher salt and freshly cracked pepper black
- 1.5 cups lima beans in pods fresh frozen shelled thawed (10-ounce)
- 1 bunch scallions white green
- 2 slices bacon thick-cut

Equipment

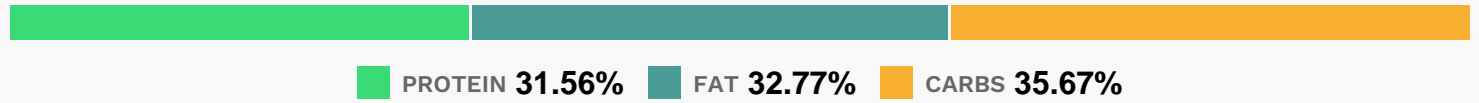
- frying pan

- paper towels
- slotted spoon

Directions

- Cook the bacon in a 10-inch heavy skillet over moderate heat, stirring frequently until crisp, about 5 minutes. Using a slotted spoon, transfer the bacon to paper towels to drain, leaving the fat in the pan.
- Add the ham and cook until golden brown, about 5 minutes.
- Add the corn, lima beans and the white parts of the scallions and cook, stirring, about 2 minutes.
- Add 1/2 cup water, scraping up the brown bits on the bottom of the pan. Simmer until the vegetables are tender and most of the water has reduced, 5 to 8 minutes. Stir in the bacon, scallion greens and season with salt and pepper.
- BYOC: Try adding some red or orange peppers for some extra color.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:12.942608760751%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 215.25kcal (10.76%), Fat: 8g (12.31%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 16.08g (5.85%), Sugar: 3.05g (3.39%), Cholesterol: 33.43mg (11.14%), Sodium: 1021.79mg (44.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.67%), Vitamin B1: 0.61mg (40.59%), Vitamin C: 25.68mg (31.13%), Phosphorus: 250.87mg (25.09%), Vitamin B3: 4.64mg (23.2%), Manganese: 0.39mg (19.7%), Vitamin B6: 0.35mg (17.68%), Selenium: 12.37µg (17.67%), Potassium: 532mg (15.2%), Fiber: 3.51g (14.04%), Magnesium: 51mg (12.75%), Zinc: 1.78mg (11.86%), Vitamin B2: 0.18mg (10.77%), Iron: 1.83mg (10.16%), Folate: 36.15µg (9.04%), Vitamin B12: 0.51µg (8.47%), Vitamin B5: 0.84mg (8.37%), Vitamin K: 8.42µg (8.02%), Copper: 0.13mg (6.59%), Vitamin A: 210.17IU (4.2%), Calcium: 21.16mg (2.12%)