



Quick Succotash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 15.3 ounce lima beans *soaked overnight drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 teaspoons chicken soup base
- ☐ 1 bell pepper green chopped
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

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15.3 ounce kernel corn whole with red and green bell peppers, drained canned

Equipment

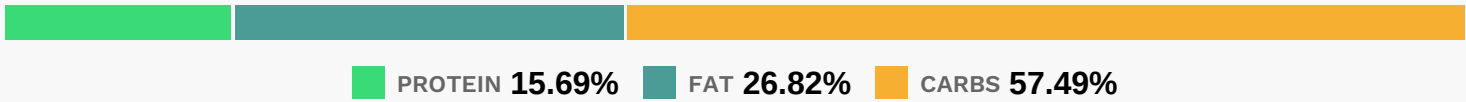
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sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat; add bell pepper and onion, and saut until tender.
- ☐ Add beans and remaining ingredients; cook 10 minutes or until liquid has evaporated.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:5.32, Inflammation Score:-8, Nutrition Score:16.233043551121%

Flavonoids

Luteolin: 5.2mg, Luteolin: 5.2mg, Luteolin: 5.2mg, Luteolin: 5.2mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 161.74kcal (8.09%), Fat: 5.16g (7.94%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 17.18g (6.25%), Sugar: 6.71g (7.45%), Cholesterol: 0.08mg (0.03%), Sodium: 831.87mg (36.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin C: 96.83mg (117.37%), Fiber: 7.72g (30.89%), Manganese: 0.61mg (30.53%), Vitamin B6: 0.46mg (22.99%), Copper: 0.38mg (19.2%), Potassium: 640.01mg (18.29%), Iron: 3.03mg (16.85%), Folate: 66.72µg (16.68%), Vitamin A: 785.23IU (15.7%), Magnesium: 62.62mg (15.65%), Vitamin K: 12.55µg (11.95%), Vitamin B1: 0.18mg (11.79%), Phosphorus: 116.95mg (11.7%), Vitamin E: 1.61mg (10.76%), Vitamin B3: 1.78mg (8.92%), Selenium: 4.59µg (6.56%), Vitamin B2: 0.11mg (6.46%), Zinc: 0.94mg (6.29%), Calcium: 62.28mg (6.23%), Vitamin B5: 0.58mg (5.8%)