



Quinoa Succotash

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



393 kcal

SIDE DISH

Ingredients

- 1 strip butter thick cut for another tbsp of butter if you want cut in half (note you can sub out the bacon)
- 1 cup quinoa dry
- 0.5 cup onion chopped
- 2 Tbsp butter
- 1 cup ears corn fresh
- 0.5 cup baby lima beans (can sub edamame)
- 0.5 cup tomatoes fresh chopped
- 0.5 teaspoon thyme dried fresh chopped

- 0.5 cup water
- 1 cup beef stock
- 0.5 teaspoon butter unsalted (if using butter or stock)
- 0.3 cup spring onion chopped
- 2 teaspoons juice of lemon

Equipment

- frying pan
- paper towels
- pot
- sieve

Directions

- Place the bacon strip halves in a 3 to 4 quart, thick-bottomed pot.
- Heat on medium heat and gently cook the bacon, turning every so often, so that much of the fat renders out.
- When the bacon is lightly browned, remove it from the pot and place it on paper towels. Keep the fat in the pan. Chop the bacon and set aside.
- Rinse the dry quinoa: While the bacon is cooking, place the quinoa in a fine mesh sieve and rinse until the water runs clear. Note that most quinoa packages suggest that you rinse before cooking. If you are using a quinoa brand that does not suggest rinsing, rinse anyway.
- Add the chopped onion to the pot you used to cook the bacon, along with the butter. Cook on medium heat until the onions are translucent, about 3 or 4 minutes.
- Add the quinoa:
- Add the rinsed quinoa to the pot and increase the heat to medium high. Stir to combine the quinoa and onions.
- Let cook for a couple minutes on medium high to high heat, until the onions and the quinoa get a hint of color.
- Add the corn, baby lima beans, chopped tomato, chopped bacon, and thyme to the pot, and stir to combine.
- Add the water and stock (and salt if using unsalted butter or stock).

Increase the heat to high and bring to a simmer. Reduce heat to low, cover, and simmer for 15 minutes. After 15 minutes, remove from the heat and let sit, covered, for another 5 minutes.

Stir in the lemon juice and chopped chives and/or green onions and fluff up with a fork.

Nutrition Facts

PROTEIN 13.84% **FAT 28.9%** **CARBS 57.26%**

Properties

Glycemic Index:65.67, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:21.946956712915%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 393.05kcal (19.65%), Fat: 13g (20%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 50.36g (18.31%), Sugar: 6.02g (6.69%), Cholesterol: 22.86mg (7.62%), Sodium: 242.48mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.01%), Manganese: 1.7mg (85.01%), Magnesium: 165.8mg (41.45%), Phosphorus: 386.15mg (38.61%), Folate: 149.62µg (37.41%), Fiber: 7.58g (30.32%), Copper: 0.53mg (26.67%), Potassium: 898.56mg (25.67%), Vitamin B1: 0.38mg (25.07%), Vitamin B6: 0.48mg (24.16%), Vitamin K: 25.03µg (23.83%), Iron: 4.26mg (23.65%), Vitamin B2: 0.33mg (19.53%), Vitamin C: 14.67mg (17.78%), Zinc: 2.5mg (16.67%), Vitamin A: 752.97IU (15.06%), Vitamin B3: 2.97mg (14.84%), Vitamin E: 1.92mg (12.78%), Selenium: 6.97µg (9.96%), Vitamin B5: 0.94mg (9.39%), Calcium: 65.41mg (6.54%)