



Quinoa Succotash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



222 kcal

SIDE DISH

Ingredients

- 0.8 cup quinoa uncooked
- 1.5 cups water
- 9 oz baby lima beans frozen
- 10 oz regular corn frozen
- 1 teaspoon paprika
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 medium plum tomatoes seeded chopped (Roma)

1 serving spring onion sliced

Equipment

frying pan

sauce pan

sieve

Directions

In fine strainer, rinse quinoa under cold water 1 minute; drain well. In 2-quart saucepan, heat quinoa and water to boiling. Reduce heat to low; cover and simmer 12 to 15 minutes or until tender and liquid is absorbed.

Meanwhile, cook lima beans as directed on box; drain. Cook corn as directed on box.

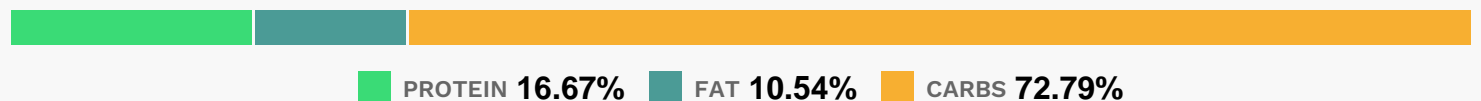
Pour drained lima beans and corn & butter sauce into 10-inch skillet.

Add paprika, salt and pepper; mix well. Stir in cooked quinoa and tomato.

Cook over medium heat, stirring frequently, 1 to 2 minutes or until mixture is thoroughly heated.

Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:6.14, Inflammation Score:-7, Nutrition Score:13.169565263002%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 221.86kcal (11.09%), Fat: 2.73g (4.2%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 35.72g (12.99%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 266.2mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.43%), Manganese: 1.02mg (51.06%), Fiber: 6.7g (26.8%),

Magnesium: 95.06mg (23.76%), Phosphorus: 221.07mg (22.11%), Folate: 78.95µg (19.74%), Potassium: 570.41mg (16.3%), Vitamin B6: 0.31mg (15.7%), Iron: 2.73mg (15.16%), Vitamin B1: 0.21mg (14.26%), Copper: 0.27mg (13.74%), Vitamin C: 10.98mg (13.31%), Vitamin A: 665.24IU (13.3%), Vitamin B3: 2.06mg (10.29%), Zinc: 1.54mg (10.24%), Vitamin B2: 0.16mg (9.56%), Vitamin B5: 0.78mg (7.76%), Vitamin E: 0.93mg (6.21%), Vitamin K: 5.15µg (4.91%), Selenium: 3.39µg (4.84%), Calcium: 38.52mg (3.85%)