



WHATSheATE



Roasted Corn and Brussels Sprouts Succotash



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound bacon diced
- ☐ 0.8 pound brussels sprouts peeled halved
- ☐ 15 ounce beans white drained canned
- ☐ 16 ounce corn kernels frozen thawed
- ☐ 3 tablespoons parsley leaves fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 tablespoons garlic chopped

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 pinch freshly cracked pepper black
- ☐ 4 plum tomatoes diced seeded finely
- ☐ 1 pinch salt
- ☐ 3 shallots sliced

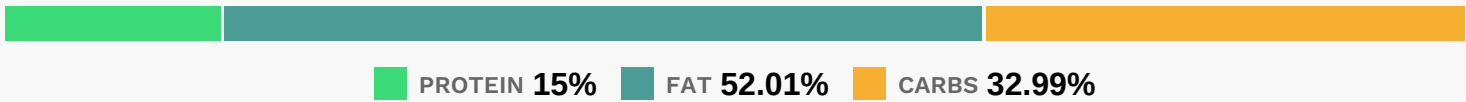
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large oven-proof skillet over medium-high heat, add the oil.
- ☐ Add bacon and render for 4 to 5 minutes until crisp. Stir in the garlic, shallots, and Brussels sprouts and cook for 3 minutes.
- ☐ Add the corn kernels and thyme. Toss well and bake until the Brussels sprouts develop nice color, about 10 to 12 minutes.
- ☐ Remove the succotash from the oven and put it into a bowl.
- ☐ Add the white beans, tomatoes, and parsley. Toss well to combine. Season the succotash with salt, pepper, and fresh lemon juice, to taste.
- ☐ Transfer the succotash to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:5.97, Inflammation Score:-10, Nutrition Score:25.009130571199%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 2.18mg, Naringenin: 2.18mg, Naringenin: 2.18mg, Naringenin: 2.18mg Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 438.96kcal (21.95%), Fat: 26.31g (40.48%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 29.1g (10.58%), Sugar: 7g (7.78%), Cholesterol: 37.42mg (12.47%), Sodium: 560.16mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.16%), Vitamin K: 140.08µg (133.41%), Vitamin C: 64.68mg (78.4%), Manganese: 0.84mg (42.24%), Fiber: 8.45g (33.81%), Folate: 123.79µg (30.95%), Potassium: 938.24mg (26.81%), Phosphorus: 247.44mg (24.74%), Vitamin B6: 0.49mg (24.65%), Vitamin B1: 0.37mg (24.37%), Iron: 4.23mg (23.48%), Vitamin A: 1107.25IU (22.15%), Selenium: 14.61µg (20.88%), Magnesium: 78.9mg (19.73%), Vitamin B3: 3.91mg (19.54%), Copper: 0.32mg (15.84%), Zinc: 2.17mg (14.5%), Vitamin E: 1.96mg (13.05%), Vitamin B2: 0.22mg (12.86%), Calcium: 109.11mg (10.91%), Vitamin B5: 1.01mg (10.07%), Vitamin B12: 0.28µg (4.72%), Vitamin D: 0.23µg (1.51%)