



Soulful Succotash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 1 cup black beans canned rinsed drained
- ☐ 0.5 teaspoon chili powder
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups corn kernels fresh frozen thawed drained
- ☐ 3 green onions sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon hot sauce

- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 bell pepper red seeded chopped
- ☐ 0.3 teaspoon pepper flakes red

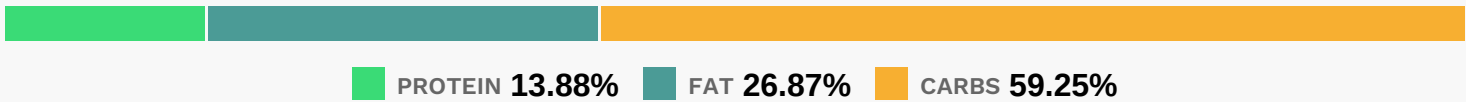
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil and red pepper flakes in a nonstick skillet over medium-high heat.
- ☐ Add corn, and saut 2 to 3 minutes or until just golden. Reduce heat to medium-low; add cumin and chili powder, stirring to blend.
- ☐ Add red bell pepper and jalapeo pepper, and saut about 4 minutes or until bell pepper is just tender. Stir in black beans and next 4 ingredients, and cook until heated through.
- ☐ Sprinkle with chives, and serve as a side dish.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:8.8582608026007%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 98.68kcal (4.93%), Fat: 3.24g (4.99%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 12.34g (4.49%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 181.23mg (7.88%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin C: 36.49mg (44.23%), Vitamin A: 967IU (19.34%), Vitamin K: 19.91µg (18.96%), Fiber: 3.75g (14.99%), Folate: 53.31µg (13.33%), Manganese: 0.2mg (9.88%), Vitamin B1: 0.13mg (8.95%), Potassium: 303.35mg (8.67%), Phosphorus: 85.03mg (8.5%), Magnesium: 33.73mg (8.43%), Vitamin B6: 0.14mg (7.23%), Vitamin B3: 1.35mg (6.74%), Iron: 1.18mg (6.57%), Vitamin E: 0.93mg (6.18%), Vitamin B2: 0.09mg (5.39%), Copper: 0.1mg (4.94%), Vitamin B5: 0.49mg (4.89%), Zinc: 0.49mg (3.24%), Calcium: 21.28mg (2.13%), Selenium: 0.81µg (1.15%)