



## Southern Succotash Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 12 ounces baby lima beans fresh
- 0.5 teaspoon pepper black freshly ground
- 14 ounce canned tomatoes crushed canned
- 12 ounces savory vegetable frozen (mixture of carrots, corn, peas, green beans, etc.)
- 1 teaspoon creole seasoning to taste ( )
- 1.5 teaspoon thyme dried
- 6 ounces green beans fresh cut into 1-inch pieces
- 2 teaspoons garlic minced

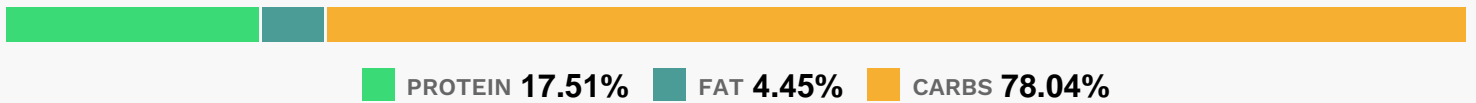
- 6 ounces okra fresh sliced
- 1 medium onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon paprika smoked hot
- 1 large turnip diced peeled (may substitute potato)
- 7 cups vegetable stock hot

## Equipment

## Directions

- Add remaining ingredients along with 7 cups of the water or broth. Cook until turnips and other vegetables are tender, about 1 hour, adding more liquid as needed. Check seasoning, adding more Creole seasoning and salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:70, Glycemic Load:7.86, Inflammation Score:-10, Nutrition Score:22.441304528195%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg

## Nutrients (% of daily need)

Calories: 180.4kcal (9.02%), Fat: 0.97g (1.49%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 28.76g (10.46%), Sugar: 9.54g (10.6%), Cholesterol: 0mg (0%), Sodium: 1245.88mg (54.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.19%), Vitamin A: 4495.18IU (89.9%), Manganese: 1.4mg (70.23%), Vitamin C: 36.15mg (43.82%), Fiber: 9.57g (38.27%), Vitamin K: 35.37µg (33.69%), Potassium: 893.58mg (25.53%), Magnesium: 100.31mg (25.08%), Vitamin B6: 0.45mg (22.33%), Copper: 0.44mg (22.17%), Iron: 3.95mg (21.93%), Vitamin B1: 0.31mg (20.33%), Folate: 76.26µg (19.06%), Phosphorus: 174.76mg (17.48%), Vitamin B3: 2.84mg (14.21%), Vitamin B2: 0.21mg (12.29%), Calcium: 115.76mg (11.58%), Vitamin E: 1.39mg (9.27%), Zinc: 1.29mg (8.59%), Vitamin B5: 0.66mg (6.59%), Selenium: 2.66µg (3.8%)