

Soybean Succotash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce edamame green frozen thawed soybeans
- ☐ 0.5 onion chopped
- ☐ 4 servings lawry's seasoned salt to taste
- ☐ 4 tablespoons vegetable oil
- ☐ 10 ounce kernel corn whole drained canned

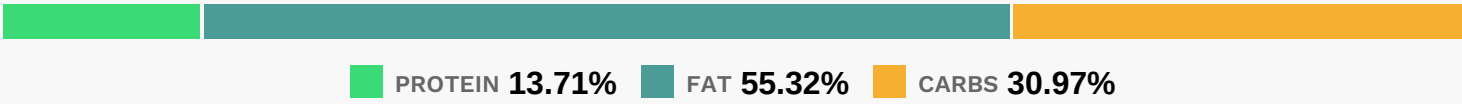
Equipment

- ☐ frying pan

Directions

- ☐
- Heat oil in a large skillet over medium heat.
- ☐
- Add the onion, corn and soy beans, and cook until lightly browned, stirring frequently. Season to taste with seasoned salt.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:4.6486957138809%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 281.61kcal (14.08%), Fat: 17.47g (26.87%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 18.32g (6.66%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 309.86mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.48%), Vitamin K: 25.07µg (23.87%), Fiber: 3.68g (14.71%), Potassium: 486.2mg (13.89%), Iron: 2.49mg (13.81%), Calcium: 74.81mg (7.48%), Vitamin E: 1.12mg (7.43%), Folate: 23.17µg (5.79%), Phosphorus: 33.05mg (3.3%), Manganese: 0.06mg (2.9%), Vitamin B3: 0.57mg (2.84%), Vitamin C: 2.22mg (2.69%), Magnesium: 9.18mg (2.29%), Zinc: 0.22mg (1.48%), Copper: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.13%)