



Spring Succotash

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- 4 tablespoons olive oil extra virgin
- 2 cups shucked and fava beans fresh shelled (can substitute lima beans or peas)
- 2 cups regular corn fresh ()
- 2 cups ham gluten-free diced for if cooking (check ham ingredients)
- 2 carrots diced
- 2 spring onion chopped
- 2 tablespoons mint leaves chopped
- 4 juice of lemon

4 servings salt to taste

Equipment

frying pan

pot

Directions

Sauté carrots and ham:

Heat the olive oil over medium-high heat in a large sauté pan – large enough to hold all of the vegetables and the ham.

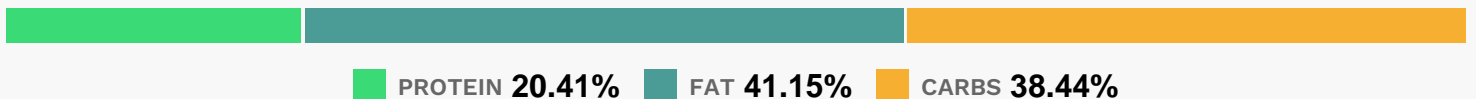
Add the ham and the carrots and sauté, stirring from time to time, until the ham begins to brown, about 5 minutes.

Add the corn and spring onions and toss to combine. Sauté for another 2 minutes.

Add the fava beans, which already have been blanched, and cook for one more minute. Turn off the heat and add the lemon juice, and taste for salt. You might not need any because the ham is salty. Cover the pot and let it sit for 2 minutes, to steam.

To serve, toss in the mint and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:42.21, Glycemic Load:8.1, Inflammation Score:-10, Nutrition Score:19.199565182561%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 362.42kcal (18.12%), Fat: 17.53g (26.96%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 29.63g (10.77%), Sugar: 9.46g (10.51%), Cholesterol: 30.53mg (10.18%), Sodium: 975.65mg (42.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.13%), Vitamin A: 5473.75IU (109.48%), Vitamin K: 60.36µg (57.48%), Folate: 137.52µg (34.38%), Fiber: 7.21g (28.82%), Vitamin C: 22.38mg (27.13%), Manganese: 0.54mg (26.83%), Phosphorus: 187.23mg (18.72%), Magnesium: 71.04mg (17.76%), Potassium: 579.87mg (16.57%), Vitamin E: 2.38mg (15.85%), Vitamin B1: 0.23mg (15.14%), Copper: 0.29mg (14.3%), Iron: 2.43mg (13.48%), Vitamin B3: 2.27mg (11.36%), Vitamin B6: 0.19mg (9.5%), Zinc: 1.33mg (8.84%), Vitamin B2: 0.14mg (8.5%), Vitamin B5: 0.79mg (7.88%), Calcium: 51.26mg (5.13%), Selenium: 2.74µg (3.92%)