



Succotash



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.3 lb bacon sliced
- ☐ 0.8 lb cherry tomatoes halved (1 pint)
- ☐ 2 tablespoons apple cider vinegar to taste
- ☐ 4 ears corn
- ☐ 0.3 cup basil fresh chopped
- ☐ 10 oz baby lima beans frozen thawed
- ☐ 2 garlic clove minced
- ☐ 1 large jalapeno fresh seeded finely chopped

- ☐ 0.5 lb okra cut into 1/3-inch-thick slices
- ☐ 1 small onion chopped

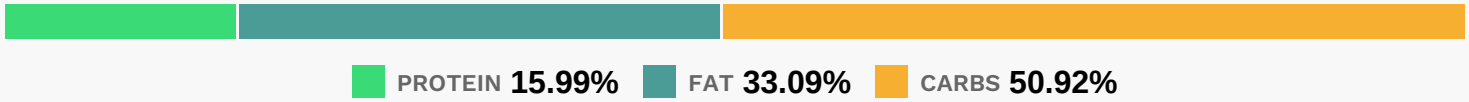
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large skillet over moderate heat until crisp.
- ☐ Drain on paper towels, leaving fat in skillet.
- ☐ Add onion to skillet and cook over moderate heat, stirring, until softened.
- ☐ Add garlic and cook, stirring, 1 minute. Stir in corn, jalapeño, lima beans, okra, and tomatoes and cook, stirring, until vegetables are tender, about 7 minutes. Stir in vinegar, basil, and salt and pepper to taste.
- ☐ Serve succotash with bacon crumbled over.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:10.899130530979%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 167.68kcal (8.38%), Fat: 6.51g (10.02%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 18.1g (6.58%), Sugar: 4.76g (5.29%), Cholesterol: 9.36mg (3.12%), Sodium: 126.42mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.17%), Manganese: 0.64mg (31.76%), Vitamin C: 25.31mg (30.68%), Fiber: 4.46g (17.83%), Vitamin B1: 0.23mg (15.18%), Potassium: 512.28mg (14.64%), Magnesium: 58.05mg (14.51%), Folate: 54.03µg (13.51%), Phosphorus: 131.38mg (13.14%), Vitamin K: 13.68µg (13.03%), Vitamin B6:

0.26mg (12.95%), Vitamin A: 625.97IU (12.52%), Vitamin B3: 2.28mg (11.42%), Iron: 1.61mg (8.93%), Copper: 0.15mg (7.4%), Selenium: 4.44µg (6.34%), Vitamin B5: 0.61mg (6.14%), Zinc: 0.86mg (5.7%), Vitamin B2: 0.09mg (5.54%), Calcium: 47.11mg (4.71%), Vitamin E: 0.48mg (3.19%), Vitamin B12: 0.07µg (1.18%)