



Succotash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 10 oz corn kernels frozen thawed (2 cups)
- ☐ 10 oz baby lima beans frozen shelled thawed (soybeans; 2 cups)
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 teaspoon salt to taste
- ☐ 1 bunch spring onion chopped
- ☐ 3 tablespoons butter unsalted

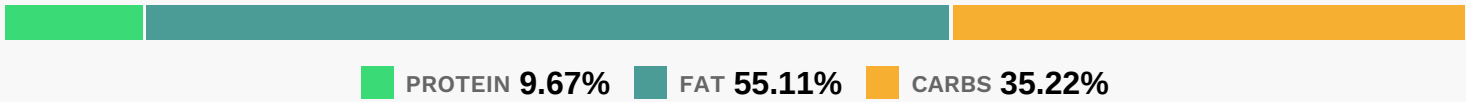
Equipment

☐ frying pan

Directions

- ☐ Heat butter in a 12-inch heavy skillet over moderate heat until foam subsides, then cook scallions, stirring, until softened, about 2 minutes.
- ☐ Add beans and cook, stirring occasionally, 5 minutes.
- ☐ Add corn, salt, and pepper, and cook, stirring occasionally, 3 minutes.
- ☐ Add cream and cook, stirring, until cream is simmering and vegetables are tender, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:9.9113043028375%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 320.02kcal (16%), Fat: 20.45g (31.47%), Saturated Fat: 12.49g (78.05%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 23.51g (8.55%), Sugar: 4.16g (4.63%), Cholesterol: 56.19mg (18.73%), Sodium: 483.03mg (21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.14%), Manganese: 0.62mg (31.06%), Fiber: 5.89g (23.56%), Vitamin A: 926.75IU (18.54%), Vitamin K: 14.52µg (13.82%), Potassium: 464.63mg (13.28%), Phosphorus: 128.7mg (12.87%), Folate: 51.46µg (12.86%), Magnesium: 48.58mg (12.14%), Vitamin B2: 0.18mg (10.65%), Iron: 1.91mg (10.58%), Vitamin C: 8.32mg (10.09%), Vitamin B1: 0.12mg (7.8%), Vitamin B6: 0.15mg (7.74%), Vitamin B3: 1.49mg (7.46%), Copper: 0.13mg (6.38%), Calcium: 54.69mg (5.47%), Zinc: 0.78mg (5.21%), Vitamin B5: 0.48mg (4.8%), Selenium: 2.96µg (4.23%), Vitamin D: 0.63µg (4.22%), Vitamin E: 0.62mg (4.11%), Vitamin B12: 0.07µg (1.09%)