



Succotash

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 2 oz bacon
- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups ears corn fresh (from 3 to 4 ears)
- ☐ 10 oz baby lima beans frozen thawed
- ☐ 0.5 cup bell pepper diced green ()
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 1.5 cups lima beans *soaked overnight fresh shelled
- ☐ 0.5 teaspoon salt

- ☐ 1 bunch spring onion white green
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup water

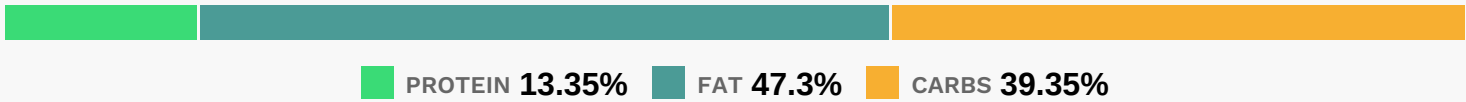
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a 10-inch heavy skillet over moderate heat, stirring frequently, until crisp, about 5 minutes.
- ☐ Transfer bacon with a slotted spoon to paper towels to drain, then add butter to fat in skillet and melt over moderate heat.
- ☐ Add corn, lima beans, bell pepper, and white and pale green parts of scallions and cook, stirring, 2 minutes.
- ☐ Add cream, water, salt, and pepper, then simmer, partially covered, until vegetables are tender, 10 to 15 minutes. Stir in bacon, scallion greens, and salt and pepper to taste.
- ☐ Vegetables can be cut 2 hours ahead and chilled in a bowl, covered. (Chill scallion greens separately.)

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:13.028695588527%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 319.45kcal (15.97%), Fat: 17.46g (26.86%), Saturated Fat: 9.56g (59.72%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 25.23g (9.17%), Sugar: 5.65g (6.28%), Cholesterol: 44.87mg (14.96%), Sodium: 298.94mg (13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.17%), Manganese: 0.7mg (34.89%), Fiber: 7.45g (29.8%), Vitamin C: 18.12mg (21.97%), Folate: 77.63µg (19.41%), Potassium: 665.38mg (19.01%), Phosphorus: 179.98mg (18%), Magnesium: 67.41mg (16.85%), Vitamin B1: 0.25mg (16.4%), Vitamin A: 765.55IU (15.31%), Iron: 2.61mg (14.48%), Vitamin B6: 0.26mg (13.13%), Vitamin K: 11.67µg (11.12%), Copper: 0.22mg (11.01%), Vitamin B3: 2.02mg (10.1%), Vitamin B2: 0.16mg (9.37%), Selenium: 6.25µg (8.92%), Zinc: 1.19mg (7.91%), Vitamin B5: 0.78mg (7.82%), Calcium: 51.44mg (5.14%), Vitamin E: 0.56mg (3.71%), Vitamin D: 0.55µg (3.66%), Vitamin B12: 0.1µg (1.65%)