



## Succotash Casserole

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tablespoons butter
- 0.8 cup onion chopped
- 0.5 cup bell pepper red chopped
- 9 oz corn frozen thawed
- 9 oz baby lima beans frozen thawed
- 2 tablespoons flour all-purpose
- 1 teaspoon thyme leaves dried
- 1 teaspoon salt

- 1 teaspoon pepper
- 0.3 teaspoon ground mustard
- 1 cup milk
- 4 oz mild cheddar cheese shredded
- 0.3 cup breadcrumbs plain

## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- In 12-inch skillet, melt 1 tablespoon of the butter over medium heat.
- Add onion, bell pepper, corn and lima beans. Cook about 5 to 8 minutes, stirring frequently, until vegetables are crisp-tender.
- Remove vegetables to large bowl; set aside.
- In same skillet, melt remaining 2 tablespoons butter over medium heat. Stir in flour, thyme, salt, pepper and mustard with whisk. Cook 2 minutes, stirring constantly. Gradually stir in milk.
- Heat to boiling; cook and stir until sauce is smooth and bubbly.
- Remove from heat; stir in cheese until melted.
- Pour cheese sauce over vegetables; mix well.
- Pour mixture into baking dish.
- Sprinkle with bread crumbs.
- Bake uncovered 20 to 30 minutes or until bubbly and topping is golden brown.

## Nutrition Facts

PROTEIN 15.6% FAT 42.88% CARBS 41.52%

## Properties

Glycemic Index:81.5, Glycemic Load:4.28, Inflammation Score:-9, Nutrition Score:18.973478192868%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

## Nutrients (% of daily need)

Calories: 433.81kcal (21.69%), Fat: 21.43g (32.98%), Saturated Fat: 12.24g (76.49%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 39.56g (14.39%), Sugar: 5.53g (6.14%), Cholesterol: 58.24mg (19.41%), Sodium: 945.42mg (41.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.09%), Vitamin C: 36.76mg (44.55%), Manganese: 0.78mg (38.9%), Phosphorus: 346.89mg (34.69%), Calcium: 328.91mg (32.89%), Fiber: 7.13g (28.52%), Vitamin A: 1378.66IU (27.57%), Vitamin B2: 0.39mg (22.94%), Selenium: 14.56µg (20.81%), Vitamin B1: 0.3mg (20.11%), Potassium: 702.77mg (20.08%), Magnesium: 78.58mg (19.65%), Folate: 78.51µg (19.63%), Vitamin B6: 0.38mg (18.85%), Zinc: 2.39mg (15.96%), Iron: 2.69mg (14.92%), Vitamin B3: 2.72mg (13.58%), Vitamin B12: 0.67µg (11.19%), Copper: 0.17mg (8.62%), Vitamin B5: 0.82mg (8.22%), Vitamin D: 0.84µg (5.61%), Vitamin E: 0.81mg (5.37%), Vitamin K: 3.91µg (3.73%)