



WHATSheATE



Succotash-Cheddar Casserole with Crunchy Bacon Topping

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 round buttery crackers crushed reduced-fat (such as Ritz)
- ☐ 3 ounces cheddar cheese shredded reduced-fat
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 2 cups ears corn fresh (3 ears)
- ☐ 2 cups baby lima beans frozen
- ☐ 2 garlic clove minced

- ☐ 1.3 cups milk 1% low-fat divided
- ☐ 0.7 cup onion finely chopped
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Cook lima beans in boiling water 5 minutes or until crisp-tender; drain.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon, and set aside.
- ☐ Add onion, bell pepper, 1/4 teaspoon salt, and garlic to drippings in pan; cook 4 minutes or until tender, stirring frequently. Stir in lima beans and corn.
- ☐ Place flour in a small bowl; gradually add 1/3 cup milk, stirring with a whisk to form a slurry.
- ☐ Add slurry, remaining 1/4 teaspoon salt, remaining 1 cup milk, and black pepper to corn mixture; cook over medium heat 2 1/2 minutes or until thick and bubbly.
- ☐ Remove from heat.
- ☐ Add cheese; stir until cheese melts. Spoon into an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle with the cracker crumbs and bacon.
- ☐ Bake at 375 for 20 minutes or until lightly browned on top and bubbly around edges.

Nutrition Facts



 **PROTEIN 17.4%**  **FAT 36.12%**  **CARBS 46.48%**

Properties

Glycemic Index:37.17, Glycemic Load:2.44, Inflammation Score:-7, Nutrition Score:14.260000063025%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 300.29kcal (15.01%), Fat: 12.41g (19.09%), Saturated Fat: 5.13g (32.03%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 30.82g (11.21%), Sugar: 7.58g (8.42%), Cholesterol: 24.06mg (8.02%), Sodium: 483.05mg (21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Vitamin C: 25.34mg (30.72%), Manganese: 0.59mg (29.66%), Phosphorus: 268.54mg (26.85%), Calcium: 206.22mg (20.62%), Fiber: 5.11g (20.43%), Vitamin B1: 0.28mg (18.42%), Vitamin A: 832.26IU (16.65%), Potassium: 563.26mg (16.09%), Magnesium: 62.44mg (15.61%), Vitamin B2: 0.26mg (15.55%), Folate: 59.88µg (14.97%), Selenium: 10.41µg (14.88%), Vitamin B6: 0.28mg (13.95%), Vitamin B3: 2.62mg (13.12%), Iron: 2.13mg (11.81%), Zinc: 1.58mg (10.56%), Vitamin B12: 0.53µg (8.75%), Vitamin B5: 0.87mg (8.67%), Copper: 0.13mg (6.65%), Vitamin K: 5.13µg (4.89%), Vitamin D: 0.71µg (4.71%), Vitamin E: 0.66mg (4.42%)