



Succotash of Fresh Corn, Lima Beans, Tomatoes and Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 6 servings kosher salt
- ☐ 2.3 cups ears corn white yellow (preferably 2 ears of corn and 2 ears of corn)
- ☐ 3 tablespoons basil fresh thinly sliced
- ☐ 1 large garlic clove minced
- ☐ 2 cups shell beans fresh (from 2 pounds pods)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 cups onion chopped

☐ 1.5 pounds tomatoes red chopped

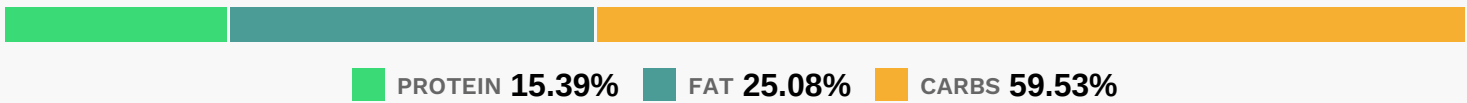
Equipment

☐ frying pan

Directions

- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add onion and sprinkle with coarse salt. Sauté until soft and translucent, about 5 minutes.
- ☐ Add garlic; stir until fragrant, about 1 minute.
- ☐ Add tomatoes, corn, and lima beans. Reduce heat to medium-low, cover, and simmer until corn and lima beans are tender and tomatoes are soft, about 20 minutes, stirring occasionally. Season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewarm before continuing.
- ☐ Stir in basil and serve.

Nutrition Facts



Properties

Glycemic Index: 32.75, Glycemic Load: 4.78, Inflammation Score: -8, Nutrition Score: 13.598260848419%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 197.47kcal (9.87%), Fat: 5.91g (9.1%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 24.05g (8.75%), Sugar: 9.91g (11.01%), Cholesterol: 0mg (0%), Sodium: 210.69mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.33%), Manganese: 0.61mg (30.66%), Fiber: 7.54g (30.17%), Vitamin C: 22.53mg (27.31%), Folate: 100.16µg (25.04%), Potassium: 797.35mg (22.78%), Vitamin A: 1099.88IU (22%), Vitamin K: 17.5µg (16.67%), Vitamin B1: 0.25mg (16.46%), Magnesium: 64.31mg (16.08%), Phosphorus: 158.09mg (15.81%), Vitamin B6: 0.3mg (14.9%), Copper: 0.26mg (13.23%), Iron: 2.24mg (12.44%), Vitamin B3: 1.96mg

(9.79%), Vitamin E: 1.45mg (9.68%), Vitamin B5: 0.81mg (8.1%), Zinc: 1.12mg (7.47%), Vitamin B2: 0.1mg (5.77%),
Selenium: 3.42µg (4.89%), Calcium: 35.12mg (3.51%)