

Succotash Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

8

CALORIES

calories

227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby lima beans cooked
- ☐ 8 servings combine all vegetables in a bowl
- ☐ 0.3 cup cider vinegar
- ☐ 3 tablespoons cilantro leaves finely chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cups corn kernels fresh
- ☐ 1 clove garlic finely chopped
- ☐ 2 cups green beans cooked thin

- ☐ 0.3 cup olive oil
- ☐ 2 plum tomatoes diced ripe seeded
- ☐ 1 bell pepper diced red seeded
- ☐ 0.5 onion red finely sliced
- ☐ 8 servings salt and pepper freshly ground
- ☐ 2 scallions thinly sliced
- ☐ 1 pinch sugar

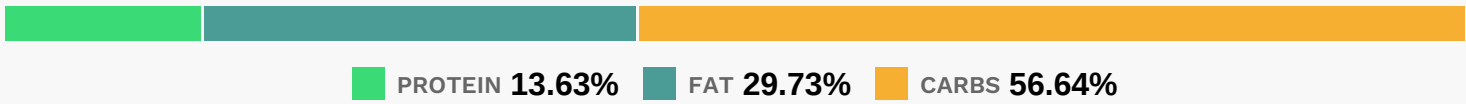
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk oil, vinegar, mustard, garlic and sugar together in a medium bowl. Season with salt and pepper to taste.
- ☐ Pour the dressing over the vegetables, add the cilantro and mix to combine.;
- ☐ Combine all vegetables in a large bowl.

Nutrition Facts



Properties

Glycemic Index:53.01, Glycemic Load:5.1, Inflammation Score:-10, Nutrition Score:19.845652258914%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 226.97kcal (11.35%), Fat: 8.03g (12.36%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 26.17g (9.52%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 261.02mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.57%), Vitamin A: 5651.88IU (113.04%), Vitamin C: 42.28mg (51.24%), Manganese: 0.99mg (49.34%), Fiber: 8.25g (33%), Vitamin K: 27.49µg (26.18%), Magnesium: 81.39mg (20.35%), Potassium: 703.39mg (20.1%), Folate: 75.06µg (18.77%), Vitamin B1: 0.27mg (18.27%), Phosphorus: 168.16mg (16.82%), Vitamin B6: 0.32mg (15.94%), Iron: 2.69mg (14.94%), Copper: 0.28mg (14.07%), Vitamin B3: 2.73mg (13.63%), Vitamin B2: 0.19mg (11.21%), Vitamin E: 1.52mg (10.11%), Zinc: 1.1mg (7.34%), Vitamin B5: 0.66mg (6.64%), Calcium: 56.43mg (5.64%), Selenium: 2µg (2.86%)