



Succotash Soup with Black Pepper Croutons

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 8 ounces corn kernels white frozen
- ☐ 14.8 ounce corn canned
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 8 ounces baby lima beans frozen
- ☐ 3 garlic clove chopped
- ☐ 2 cups leek white green chopped (and pale parts only; 3 medium)
- ☐ 8 cups chicken broth

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 6 tablespoons parsley fresh italian finely chopped
- ☐ 1 teaspoon pepper black
- ☐ 1 large bell pepper red cut into 1/4-inch cubes
- ☐ 0.3 cup shallots minced

Equipment

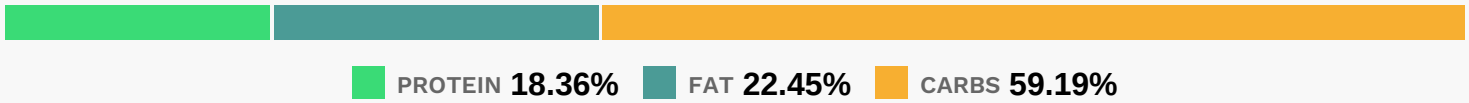
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Melt butter in heavy large skillet over medium heat.
- ☐ Add bread and pepper and stir to coat. Sauté until croutons are golden and crisp on all sides, stirring occasionally, about 12 minutes.
- ☐ Sprinkle with salt. (Can be made 1 day ahead. Cool completely; store airtight at room temperature.)
- ☐ Melt butter in heavy large pot over medium heat.
- ☐ Add leeks, shallots, and garlic; sauté until leeks are soft, about 5 minutes.
- ☐ Add 4 tablespoons parsley, thyme, and oregano; sauté until fragrant, about 3 minutes.
- ☐ Mix in red bell pepper.
- ☐ Add broth and lima beans and bring soup to boil. Reduce heat to medium-low, cover, and simmer until lima beans are tender, about 10 minutes.
- ☐ Add creamed corn and corn kernels and heat through.
- ☐ Remove soup from heat; season to taste with salt. (Can be made 1 day ahead. Refrigerate uncovered until cold, then cover and keep refrigerated. Bring to simmer before continuing.)
- ☐ Ladle soup into bowls. Top each with some croutons and some of remaining 2 tablespoons parsley.
- ☐ Serve, passing remaining croutons separately.

Italian parsley, sometimes labeled flat-leaf parsley, has a stronger aroma and flavor than the regular curly-leaf variety.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:12.672173883604%

Flavonoids

Apigenin: 5.21mg, Apigenin: 5.21mg, Apigenin: 5.21mg, Apigenin: 5.21mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 150.35kcal (7.52%), Fat: 4.14g (6.37%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 20.83g (7.57%), Sugar: 4.5g (5%), Cholesterol: 6.02mg (2.01%), Sodium: 248.78mg (10.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin K: 52.22µg (49.74%), Vitamin C: 33.29mg (40.35%), Vitamin A: 1242.8IU (24.86%), Manganese: 0.43mg (21.41%), Vitamin B3: 3.78mg (18.9%), Fiber: 3.73g (14.91%), Folate: 59.28µg (14.82%), Potassium: 472.31mg (13.49%), Phosphorus: 132.01mg (13.2%), Iron: 2.25mg (12.48%), Vitamin B6: 0.22mg (11.18%), Copper: 0.2mg (10.19%), Magnesium: 36.89mg (9.22%), Vitamin B2: 0.15mg (8.84%), Zinc: 0.79mg (5.28%), Calcium: 51.42mg (5.14%), Vitamin B1: 0.07mg (4.88%), Vitamin E: 0.65mg (4.35%), Vitamin B5: 0.32mg (3.23%), Vitamin B12: 0.19µg (3.23%), Selenium: 1.24µg (1.76%)