



## Sufferin' Succotash Corn Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

### Ingredients

- 2 tablespoons barbeque sauce
- 14.5 ounce beans white drained and rinsed canned
- 2 ears corn
- 4 green onions chopped
- 1 pinch salt and ground pepper black to taste
- 1 large bell pepper diced red
- 2 tablespoons rice vinegar
- 2 tablespoons vegetable oil

# Equipment

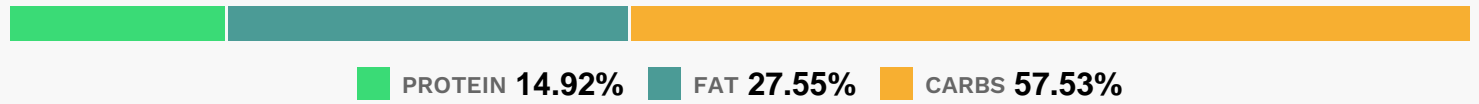
bowl

whisk

# Directions

Whisk barbeque sauce, rice vinegar, and oil in a large bowl until smooth. Stir in corn kernels, red bell pepper, green onions, and white beans to coat. Cover and refrigerate for at least 2 hours.

# Nutrition Facts



# Properties

Glycemic Index:29.5, Glycemic Load:3.95, Inflammation Score:-8, Nutrition Score:11.746956514276%

# Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

# Nutrients (% of daily need)

Calories: 164.68kcal (8.23%), Fat: 5.27g (8.11%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 20.04g (7.29%), Sugar: 5.35g (5.94%), Cholesterol: 0mg (0%), Sodium: 70.49mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin C: 38.57mg (46.75%), Vitamin K: 28.45µg (27.09%), Manganese: 0.46mg (22.88%), Vitamin A: 1004.82IU (20.1%), Fiber: 4.73g (18.91%), Folate: 74.95µg (18.74%), Potassium: 485.66mg (13.88%), Iron: 2.48mg (13.79%), Magnesium: 51.76mg (12.94%), Phosphorus: 100.52mg (10.05%), Vitamin E: 1.46mg (9.71%), Copper: 0.19mg (9.56%), Vitamin B1: 0.13mg (8.85%), Vitamin B6: 0.17mg (8.41%), Zinc: 1.02mg (6.77%), Calcium: 60.61mg (6.06%), Vitamin B3: 0.95mg (4.77%), Vitamin B5: 0.44mg (4.44%), Vitamin B2: 0.07mg (4.4%), Selenium: 1.45µg (2.08%)