



Summer Succotash with Marjoram



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups ears corn fresh (from 3 ears)
- ☐ 1 tablespoon marjoram fresh chopped
- ☐ 10 ounce baby lima beans frozen thawed
- ☐ 1 garlic clove minced
- ☐ 1 bell pepper green cut into 1/2-inch pieces
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped

- ☐ 4 tablespoons parsley fresh italian chopped
- ☐ 1 bell pepper red cut into 1/2-inch pieces
- ☐ 2 medium size baby squash yellow trimmed cut into 3/4-inch pieces
- ☐ 2 medium size zucchini trimmed cut into 3/4-inch pieces

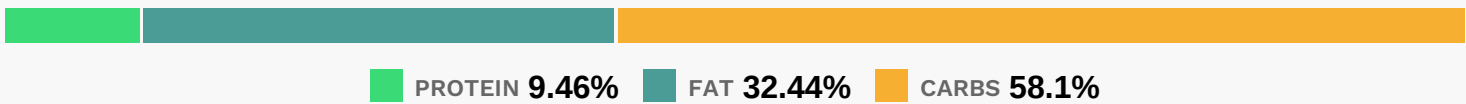
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt butter with oil in heavy large deep skillet over medium-high heat.
- ☐ Add onion, both bell peppers, and garlic; sauté until peppers are crisp-tender, about 5 minutes.
- ☐ Add corn, zucchini, yellow squash, and lima beans; sauté until vegetables are just tender, about 7 minutes longer. Stir in 3 tablespoons parsley and marjoram. Season to taste with salt and pepper.
- ☐ Transfer succotash to bowl.
- ☐ Sprinkle with remaining 1 tablespoon parsley and serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:25.607391467561%

Flavonoids

Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 270.42kcal (13.52%), Fat: 10.61g (16.32%), Saturated Fat: 3.69g (23.04%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 34.68g (12.61%), Sugar: 9.42g (10.47%), Cholesterol: 11.29mg (3.76%), Sodium: 72.26mg (3.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Vitamin A: 21005.93IU (420.12%), Vitamin C: 89.05mg (107.94%), Vitamin K: 46.62µg (44.4%), Manganese: 0.84mg (42.11%), Potassium: 1146.01mg (32.74%), Fiber: 8.06g (32.23%), Vitamin B6: 0.56mg (28.25%), Magnesium: 110.17mg (27.54%), Vitamin E: 3.97mg (26.49%), Folate: 103.01µg (25.75%), Vitamin B1: 0.33mg (22.28%), Vitamin B3: 3.75mg (18.74%), Phosphorus: 165.03mg (16.5%), Iron: 2.8mg (15.53%), Vitamin B5: 1.28mg (12.78%), Copper: 0.25mg (12.5%), Calcium: 122.91mg (12.29%), Vitamin B2: 0.16mg (9.2%), Zinc: 0.95mg (6.33%), Selenium: 2.21µg (3.16%)