



Summer Vegetable Succotash

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups baby lima beans fresh frozen cooled shelled cooked (soybeans)
- ☐ 2 cups corn kernels fresh white yellow (from 3 ears; preferably and)
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 8 oz baby pattypan squash trimmed quartered
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup butter unsalted
- ☐ 1 tablespoon vegetable oil (preferably corn oil)
- ☐ 1 lb yellow-fleshed potatoes such as yukon gold (1-inch)

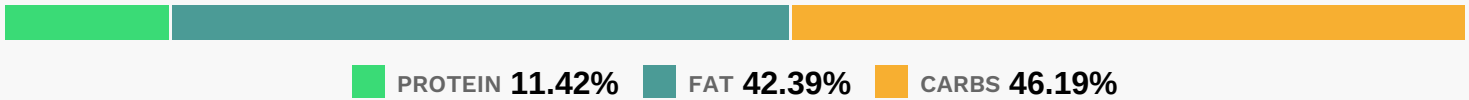
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cover potatoes with cold salted water by 1 inch in a large saucepan. Bring to a boil, then reduce heat and simmer until potatoes are just tender, about 20 minutes.
- ☐ Drain and cool, then cut into bite-size pieces.
- ☐ Heat oil and 1 tablespoon butter in a well-seasoned 10-inch cast-iron skillet over high heat until foam subsides, then sauté potatoes with salt and pepper to taste, turning once or twice, until nicely crusted, 8 to 10 minutes.
- ☐ Transfer to a serving bowl.
- ☐ Sauté corn and squash in remaining 3 tablespoons butter in skillet over moderately high heat, stirring, until crisp-tender, about 5 minutes. Stir in beans and sauté, stirring, until heated through. Season with salt and pepper and add to potatoes with onion and chives, stirring to combine.
- ☐ • If you can only find edamame in the pod, you'll need to buy a 1-pound bag and shell them. • Potatoes and edamame can be boiled (but not sautéed) 1 day ahead. Cool, then chill, covered.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:9.5308695655802%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 242.6kcal (12.13%), Fat: 11.99g (18.44%), Saturated Fat: 5.4g (33.76%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 24.66g (8.97%), Sugar: 5.84g (6.49%), Cholesterol: 20.34mg (6.78%), Sodium: 13.52mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Vitamin C: 26.45mg (32.05%), Potassium: 701.5mg (20.04%), Fiber: 4.74g (18.95%), Vitamin B6: 0.32mg (15.99%), Manganese: 0.27mg (13.45%), Folate: 47.04µg (11.76%), Magnesium: 45.52mg (11.38%), Iron: 2.03mg (11.3%), Vitamin B1: 0.17mg (11.11%), Vitamin K: 11.24µg (10.7%), Phosphorus: 104.89mg (10.49%), Vitamin A: 482.97IU (9.66%), Vitamin B3: 1.9mg (9.51%), Copper: 0.15mg (7.65%), Vitamin B5: 0.63mg (6.33%), Calcium: 53.06mg (5.31%), Vitamin B2: 0.07mg (4.06%), Zinc: 0.58mg (3.87%), Vitamin E: 0.5mg (3.33%), Selenium: 0.74µg (1.05%)