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Snap Bean Succotash ♦♦

Snap Bean Succotash is a traditional American dish made with fresh snap beans, corn, and other vegetables. It is often served as a side dish or a main course for vegetarians. The dish has a rich history and is known for its vibrant colors and flavors. It can be enjoyed warm or cold.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	snap beans
200 g	corn kernels
100 g	Red Bell Pepper
50 g	onion
30 g	olive oil

5 g	salt
2 g	black pepper
2 g	garlic powder
5 g	Parsley

Directions

Step 1

Cutting

Trim the ends of the snap beans and cut them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add onions and red bell peppers and sauté until they are soft and slightly caramelized.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add snap beans and corn kernels to the skillet. Season with salt, black pepper, and garlic powder. Cook for about 5 minutes, or until the vegetables are tender-crisp.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Remove from heat and sprinkle with fresh parsley. Serve warm or cold.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 4 g

Protein: 3 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving

Barbecue

Game Day

Cuisines

Italian

Mexican

Mediterranean

American

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

Low Sodium

High Vitamin C

Kitchen Tools

Blender

Oven

Course

Main Dishes

Side Dishes

Salads

Snacks

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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