



Arugula Corn Salad with Bacon



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 4 large ears of corn
- ☐ 2 cups arugula chopped (one bunch)
- ☐ 4 strips bacon cooked chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 0.1 teaspoon ground cumin
- ☐ 4 servings salt and pepper black freshly ground to taste

Equipment


- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ microwave

Directions

- ☐ Cook the corn: Cook the corn ears, in their husks, either on the grill for a smoky flavor, or by steaming in a large covered stock pot with an inch of boiling water at the bottom of the pot, for 12–15 minutes, or by cooking in a microwave.
- ☐ Let the corn cool (can run under cold water to speed up the cooling), remove the husks and silk.
- ☐ I recommend cooking the corn in the husks for the added flavor that the husks impart. If you boil or steam the corn ears after you've already husked them, or if you cook them in the microwave, reduce the cooking time by a few minutes.
- ☐ Remove the corn kernels from the cobs: To remove the kernels from the cobs, stand a corn cob vertically with the tip on a small bowl that is inverted inside a larger, shallow bowl.
- ☐ Use a sharp knife to make long, downward strokes, removing the kernels from the cob, as you work your way around the cob.
- ☐ Note: it may help to work over a low table, to be in a better ergonomic position to cut the cobs this way.
- ☐ Make the dressing: In a separate bowl, whisk together the oil, vinegar, salt and pepper, and cumin.
- ☐ Assemble the salad: In a medium sized bowl, mix together the corn, chopped arugula, bacon, and onions.
- ☐ Mix dressing into salad just before serving. Taste and add more vinegar if necessary to balance the sweetness of the corn.

Nutrition Facts



 PROTEIN **14.34%**  FAT **34.4%**  CARBS **51.26%**

Properties

Glycemic Index:25.25, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:10.772173838123%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 197.72kcal (9.89%), Fat: 8.34g (12.83%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 24.69g (8.98%), Sugar: 9.35g (10.39%), Cholesterol: 7.92mg (2.64%), Sodium: 160.38mg (6.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Vitamin K: 30.85µg (29.38%), Folate: 75.12µg (18.78%), Vitamin B1: 0.28mg (18.4%), Vitamin B3: 3.45mg (17.25%), Phosphorus: 167.36mg (16.74%), Magnesium: 62.31mg (15.58%), Vitamin C: 12.81mg (15.53%), Manganese: 0.3mg (14.84%), Potassium: 489.86mg (14%), Fiber: 3.27g (13.07%), Vitamin A: 592.09IU (11.84%), Vitamin B5: 1.17mg (11.66%), Vitamin B6: 0.19mg (9.44%), Selenium: 5µg (7.15%), Vitamin B2: 0.11mg (6.64%), Zinc: 0.99mg (6.58%), Iron: 1.18mg (6.54%), Copper: 0.1mg (5.12%), Vitamin E: 0.73mg (4.86%), Calcium: 27.02mg (2.7%), Vitamin B12: 0.09µg (1.45%)