



Avocado-Corn-Poblano Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 small genuine california avocados peeled coarsely chopped
- ☐ 6 small ears corn fresh
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 2 poblano peppers
- ☐ 0.5 medium size purple onion diced
- ☐ 0.5 teaspoon salt

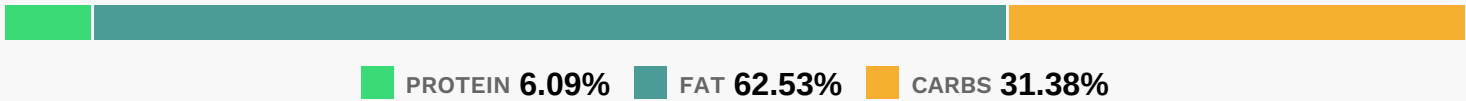
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Coat corn and peppers with cooking spray.
- ☐ Grill corn and peppers, covered with grill lid, over medium-high heat (350 to 400
- ☐ minutes or until vegetables are lightly charred, turning occasionally. Cool slightly.
- ☐ Cut corn kernels from cobs.
- ☐ Remove stems and seeds from roasted peppers, and coarsely chop.
- ☐ Stir together olive oil and next 5 ingredients in a large bowl; add corn, chopped pepper, avocado, onion, and cilantro, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:14.012173771858%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 249.88kcal (12.49%), Fat: 19.09g (29.37%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 13.05g (4.74%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 162.17mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Vitamin C: 40.55mg (49.15%), Fiber: 8.51g (34.05%), Folate: 109.56µg (27.39%), Vitamin K: 26.22µg (24.97%), Potassium: 709.12mg (20.26%), Vitamin B6: 0.39mg (19.38%), Vitamin B5: 1.84mg (18.38%), Vitamin E: 2.76mg (18.38%), Manganese: 0.29mg (14.48%), Vitamin B3: 2.88mg (14.42%), Magnesium: 54.06mg (13.51%), Copper: 0.25mg (12.34%), Vitamin B1: 0.17mg (11.65%), Phosphorus: 110.5mg (11.05%), Vitamin B2: 0.17mg (10.16%), Vitamin A: 374.43IU (7.49%), Zinc: 0.96mg (6.38%), Iron: 1.03mg (5.73%), Calcium: 19.9mg (1.99%), Selenium: 0.78µg (1.12%)