



## Basil-Corn Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

### Ingredients

- 4 ears corn fresh sweet white yellow (, or combination)
- 1 tablespoon olive oil
- 2 cups tomatoes chopped
- 0.3 cup basil fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 0.5 cup onion chopped
- 2 tablespoons olive oil

1 tablespoon citrus champagne vinegar

## Equipment

bowl

baking sheet

oven

## Directions

Heat oven to 400°F.

Remove husks and silks from ears of corn.

Drizzle corn with 1 tablespoon olive oil; place on ungreased cookie sheet.

Bake 18 to 20 minutes or until crisp-tender.

Cool until safe enough to handle.

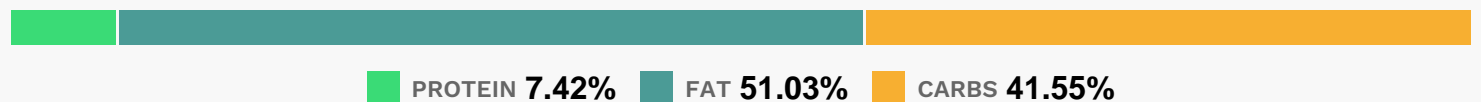
Cut corn kernels from cobs into large bowl.

Add remaining ingredients.

Mix well.

Cover and refrigerate salad until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:4.4882609079713%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## Nutrients (% of daily need)

Calories: 96.66kcal (4.83%), Fat: 5.95g (9.16%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.34g (3.4%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 154.66mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Vitamin C: 9.05mg (10.97%), Vitamin K: 9.6µg (9.14%), Vitamin A: 434.89IU (8.7%), Manganese: 0.15mg (7.73%), Folate: 26.92µg (6.73%), Vitamin E: 1mg (6.65%), Potassium: 229.07mg (6.54%), Fiber: 1.56g (6.24%), Vitamin B1: 0.09mg (5.9%), Magnesium: 22.52mg (5.63%), Phosphorus: 52.66mg (5.27%), Vitamin B3: 1.04mg (5.19%), Vitamin B6: 0.09mg (4.26%), Vitamin B5: 0.37mg (3.71%), Copper: 0.05mg (2.75%), Iron: 0.43mg (2.39%), Vitamin B2: 0.04mg (2.08%), Zinc: 0.3mg (1.97%)