



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)
- 0.3 cup basil fresh chopped
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 0.5 cup onion chopped
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 2 cups tomatoes chopped

1 tablespoon citrus champagne vinegar

Equipment

bowl

baking sheet

oven

Directions

Heat oven to 400F.

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.

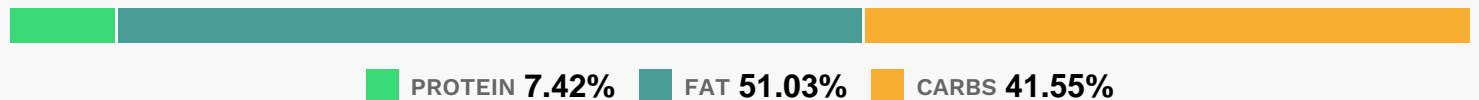
Cut corn kernels from cobs into large bowl.

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%)