



## Best Ever Cilantro Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 avocados diced pitted peeled
- 0.5 bunch cilantro leaves chopped
- 2 ears corn on the cob
- 3 tablespoons garlic chopped
- 6 servings kosher salt to taste
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 tomatoes chopped

1 onion white chopped

## Equipment

bowl

grill

## Directions

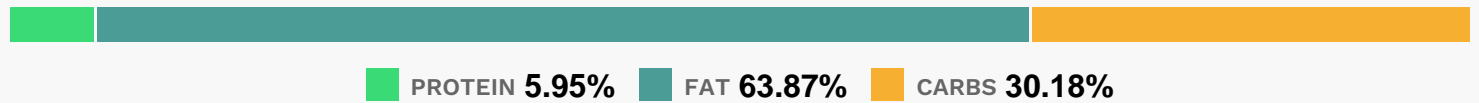
Preheat grill for medium heat and lightly oil the grate.

Cook corn on the preheated grill until the kernels are lightly charred but still firm, 3 to 5 minutes per side, turning often.

Cut kernels off the cobs, transfer to a large salad bowl, and let cool.

Mix in tomatoes, avocados, cilantro, white onion, garlic, olive oil, and red wine vinegar; season with kosher salt.

## Nutrition Facts



## Properties

Glycemic Index:27.83, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:10.240869568742%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

## Nutrients (% of daily need)

Calories: 196.03kcal (9.8%), Fat: 15.04g (23.15%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 10g (3.64%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 207.24mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Fiber: 6g (23.98%), Vitamin K: 22.42µg (21.35%), Vitamin C: 17.17mg (20.81%), Folate: 77.04µg (19.26%), Potassium: 551.44mg (15.76%), Vitamin E: 2.32mg (15.5%), Vitamin B6:

0.31mg (15.27%), Manganese: 0.29mg (14.35%), Vitamin B5: 1.23mg (12.32%), Vitamin A: 541.16IU (10.82%), Vitamin B3: 2mg (9.99%), Magnesium: 38.25mg (9.56%), Copper: 0.19mg (9.45%), Phosphorus: 83.54mg (8.35%), Vitamin B1: 0.12mg (8.23%), Vitamin B2: 0.12mg (7.17%), Zinc: 0.72mg (4.8%), Iron: 0.8mg (4.47%), Calcium: 25.11mg (2.51%), Selenium: 1.11µg (1.59%)