



Calypso Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 30 ounce cannellini drained and rinsed canned
- 10 ounce corn kernels frozen thawed
- 0.5 cup firmly coriander leaves fresh packed chopped (cilantro)
- 0.5 small jalapeño chili fresh minced stemmed seeded
- 0.3 cup juice of lime freshly squeezed
- 1 large bell pepper diced red stemmed seeded
- 1 teaspoon salt

- 1 teaspoon sugar
- 2 tablespoons vegetable oil

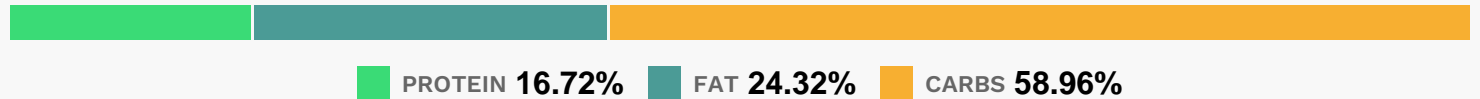
Equipment

- bowl

Directions

- Combine the corn, beans, bell pepper, jalapeno, cilantro, lime juice, oil, sugar, salt, and pepper in a large bowl. Taste and adjust seasonings. Cover and chill 1 hour or overnight to combine flavors.

Nutrition Facts



Properties

Glycemic Index:41.68, Glycemic Load:7.89, Inflammation Score:-8, Nutrition Score:13.402173819749%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 200.22kcal (10.01%), Fat: 5.73g (8.82%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 22.05g (8.02%), Sugar: 6.77g (7.52%), Cholesterol: 0mg (0%), Sodium: 849.33mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Vitamin C: 41.65mg (50.48%), Fiber: 9.23g (36.91%), Manganese: 0.55mg (27.46%), Vitamin A: 986.48IU (19.73%), Vitamin K: 20.44µg (19.47%), Phosphorus: 181.98mg (18.2%), Folate: 69.12µg (17.28%), Potassium: 514.75mg (14.71%), Magnesium: 53.85mg (13.46%), Vitamin B1: 0.19mg (12.45%), Copper: 0.24mg (11.98%), Iron: 2.09mg (11.61%), Vitamin B6: 0.22mg (11.1%), Vitamin B2: 0.17mg (9.73%), Zinc: 1.12mg (7.47%), Vitamin B3: 1.49mg (7.44%), Vitamin E: 0.97mg (6.5%), Calcium: 48.61mg (4.86%), Vitamin B5: 0.47mg (4.67%), Selenium: 1.92µg (2.74%)