



Charred Corn Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 0.5 to 1 chipotle chile canned minced
- ☐ 4 ears shucked corn
- ☐ 0.5 cup grape tomatoes halved
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.5 cup bell pepper diced red
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon sugar

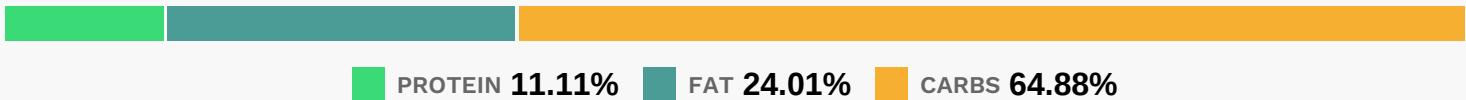
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Lightly coat corn with cooking spray.
- ☐ Place corn on grill rack; grill 20 minutes, turning occasionally. Cool completely.
- ☐ Cut kernels from ears of corn; place in a medium bowl. Discard cobs.
- ☐ Add bell pepper, tomatoes, onions, and chipotle chile to bowl; toss well.
- ☐ Combine juice and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Drizzle juice mixture over corn mixture; toss well. Cover and chill at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:5.6000000082928%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 74.32kcal (3.72%), Fat: 2.26g (3.47%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 11.83g (4.3%), Sugar: 5.24g (5.83%), Cholesterol: 0mg (0%), Sodium: 108.16mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin C: 23.05mg (27.94%), Vitamin A: 626.71IU (12.53%), Folate: 34.95µg (8.74%), Fiber: 1.9g (7.62%), Vitamin B1: 0.11mg (7.21%), Manganese: 0.14mg (6.84%), Potassium: 232.45mg (6.64%), Magnesium: 26.3mg (6.57%), Vitamin K: 6.89µg (6.56%), Vitamin B3: 1.28mg (6.4%), Phosphorus: 62.08mg (6.21%), Vitamin B6: 0.11mg (5.42%), Vitamin B5: 0.49mg (4.89%), Vitamin E: 0.56mg (3.72%), Vitamin B2: 0.05mg (2.89%), Iron: 0.49mg (2.74%), Zinc: 0.35mg (2.32%), Copper: 0.05mg (2.31%)