



Charred Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



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READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

204 kcal

SIDE DISH

Ingredients



15 ounce black beans drained and rinsed canned



2 ears corn on the cob husked



1 cup brown rice cooled cooked



1 clove garlic minced



2 cups grape tomatoes halved quartered



3 green onions thinly sliced



1 juice of lime



6 servings kosher salt and pepper black freshly ground

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup onion red finely chopped

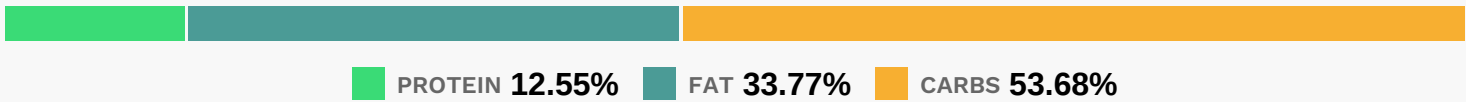
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large cast-iron skillet over high heat. Char the ears of corn, rotating on all sides, in the dry skillet until lightly blackened and charred, about 15 minutes.
- ☐ Let cool, and then remove the kernels from the cob with a sharp knife.
- ☐ In a small bowl, whisk together the olive oil, lime juice and salt and pepper to taste.
- ☐ Add the black beans, tomatoes, rice, red onions, green onions, garlic and cooled corn to a large bowl. Toss with the lime vinaigrette.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:4.48, Inflammation Score:-6, Nutrition Score:11.118260736051%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg 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: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 204.35kcal (10.22%), Fat: 8.01g (12.32%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 21.64g (7.87%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 281.04mg (12.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Manganese: 0.67mg (33.37%), Fiber: 7g (27.99%), Vitamin K: 20.88µg (19.88%), Folate: 70.22µg (17.56%), Vitamin C: 14.04mg (17.01%), Phosphorus: 145.96mg (14.6%), Magnesium: 58.23mg (14.56%), Vitamin B1: 0.21mg (13.73%), Potassium: 478.22mg (13.66%), Copper: 0.22mg (10.98%), Iron: 1.97mg (10.96%), Vitamin A: 535.7IU (10.71%), Vitamin E: 1.34mg (8.96%), Vitamin B6: 0.18mg (8.75%), Vitamin B3: 1.75mg (8.74%), Vitamin B2: 0.12mg (7.23%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.54mg (5.4%), Calcium: 41.59mg (4.16%), Selenium: 1.25µg (1.79%)