



Chef Scott's Smoked Corn Relish Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



155 min.

SERVINGS



10

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup celery sliced
- 0.5 cup cilantro leaves fresh chopped
- 3 cups corn kernels fresh
- 1 teaspoon sea salt
- 1 jalapeño cut into 1/4-inch pieces, or to taste
- 2.3 ounce olives ripe drained sliced canned
- 1 bell pepper red cut into 1/4-inch cubes
- 0.5 cup onion red chopped

- 0.3 cup vegetable oil
- 1 cup balsamic vinegar white

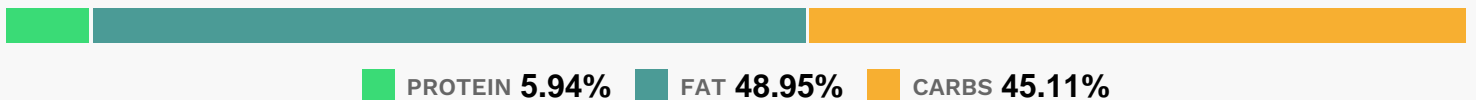
Equipment

- bowl
- frying pan
- whisk
- grill

Directions

- Preheat an outdoor grill for medium heat and lightly oil the grate.
- Toss corn kernels with 1/2 cup vegetable oil in a skillet.
- Place skillet in the preheated grill and roast until browned, 15 to 20 minutes.
- Transfer corn to a large bowl and add bell pepper, onion, celery, and olives.
- Whisk vinegar, 1/4 cup vegetable oil, cilantro, jalapeno, and granulated garlic in a small bowl.
- Pour vinegar mixture over corn mixture; toss. Cover and refrigerate for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.54, Inflammation Score:-5, Nutrition Score:5.5156521356624%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 125.86kcal (6.29%), Fat: 7.08g (10.89%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 13.04g (4.74%), Sugar: 7.55g (8.39%), Cholesterol: 0mg (0%), Sodium: 117.32mg (5.1%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin C: 20.82mg (25.23%), Vitamin K: 15.08µg (14.36%), Vitamin A: 570.91IU (11.42%), Folate: 28.29µg (7.07%), Manganese: 0.14mg (7.04%), Vitamin E: 0.99mg (6.63%), Fiber: 1.64g (6.54%), Potassium: 209.83mg (6%), Magnesium: 23.29mg (5.82%), Vitamin B1: 0.08mg (5.49%), Phosphorus: 52.43mg (5.24%), Vitamin B6: 0.1mg (5.12%), Vitamin B3: 0.96mg (4.78%), Vitamin B5: 0.38mg (3.85%), Iron: 0.55mg (3.08%), Vitamin B2: 0.04mg (2.48%), Copper: 0.05mg (2.44%), Zinc: 0.29mg (1.92%), Calcium: 16.71mg (1.67%)