



Cherry Tomato and Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 1 celery stalk chopped
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 tablespoon dijon mustard
- ☐ 4 ears of corn fresh
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 small onion chopped
- ☐ 0.3 teaspoon pepper

☐ 0.3 teaspoon salt

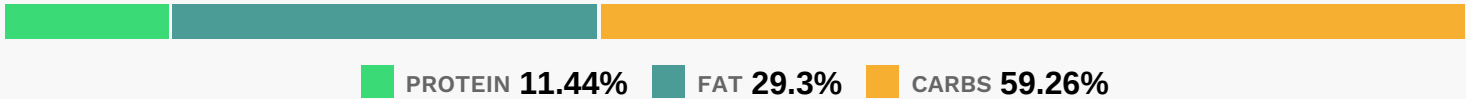
Equipment

☐ frying pan

Directions

- ☐ Put olive oil in a large skillet over high heat; heat for 2 minutes.
- ☐ Add onion, celery, and kernels of fresh corn. Cook until lightly browned (3–4 minutes). Reduce heat to medium, and add cherry tomatoes; cook for 30 seconds more, and remove from heat. Toss with Dijon mustard and chopped fresh basil, parsley, cilantro, or dill; sprinkle with salt and pepper.
- ☐ Serve with Classic Crab Cakes.
- ☐ Note: Most of the sodium in this meal is from naturally occurring sodium in the crab.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:10.126086919204%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 136.22kcal (6.81%), Fat: 5g (7.69%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 19.73g (7.17%), Sugar: 9.02g (10.02%), Cholesterol: 0mg (0%), Sodium: 214.41mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin C: 34.05mg (41.28%), Vitamin A: 833.89IU (16.68%), Manganese: 0.33mg (16.62%), Potassium: 528.03mg (15.09%), Folate: 56.5µg (14.13%), Vitamin B1: 0.19mg (12.94%), Phosphorus: 121.09mg (12.11%), Fiber: 3.01g (12.04%), Magnesium: 47.91mg (11.98%), Vitamin K: 12.5µg (11.91%), Vitamin B3: 2.27mg (11.36%), Vitamin B6: 0.19mg (9.68%), Vitamin E: 1.26mg (8.4%), Vitamin B5: 0.83mg (8.27%), Iron: 1.43mg (7.96%), Copper: 0.15mg (7.57%), Vitamin B2: 0.08mg (4.84%), Zinc: 0.63mg (4.23%),

Selenium: 2.47µg (3.52%), Calcium: 22.92mg (2.29%)