



## Corn and Cherry Tomato Salad with Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounce cherry tomatoes halved
- ☐ 0.3 cup cider vinegar
- ☐ 5 ears shucked corn
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 8 ounces simple baked ham finely chopped
- ☐ 0.3 teaspoon penzey's southwest seasoning dried italian

- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup walla walla sweet finely chopped

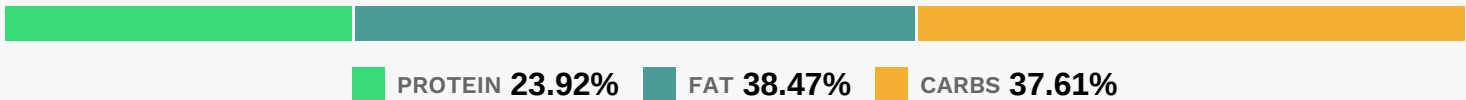
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Combine first 5 ingredients, stirring with a whisk; set aside.
- ☐ Cook corn in boiling water for 8 minutes.
- ☐ Drain and plunge corn into ice water; drain.
- ☐ Cut kernels from ears of corn; discard cobs.
- ☐ Place corn in a large bowl; add Simple
- ☐ Baked Ham, onion, bell pepper, and tomatoes.
- ☐ Drizzle with vinegar mixture; toss to coat.
- ☐ Sprinkle with basil. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:15.747825943905%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

## Nutrients (% of daily need)

Calories: 272.11kcal (13.61%), Fat: 12.17g (18.73%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 23.49g (8.54%), Sugar: 10.48g (11.64%), Cholesterol: 35.15mg (11.72%), Sodium: 847.6mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.06%), Vitamin C: 35.76mg (43.35%), Vitamin B1: 0.56mg (37.34%), Phosphorus: 255.35mg (25.54%), Vitamin B3: 5.07mg (25.33%), Vitamin B6: 0.44mg (21.91%), Potassium: 713.65mg (20.39%), Selenium: 14.11µg (20.15%), Manganese: 0.4mg (19.83%), Folate: 66.88µg (16.72%), Magnesium: 65.29mg (16.32%), Vitamin A: 742.85IU (14.86%), Zinc: 2.02mg (13.44%), Fiber: 3.29g (13.17%), Vitamin B2: 0.21mg (12.62%), Vitamin B5: 1.21mg (12.1%), Vitamin K: 11.28µg (10.74%), Iron: 1.89mg (10.51%), Copper: 0.2mg (9.94%), Vitamin E: 0.98mg (6.52%), Vitamin B12: 0.36µg (6.05%), Calcium: 27.2mg (2.72%), Vitamin D: 0.4µg (2.65%)