



Corn and Cilantro Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ears grilled corn sweet
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons juice of lime fresh
- 1 teaspoon olive oil
- 0.5 cup salsa
- 1 pinch salt

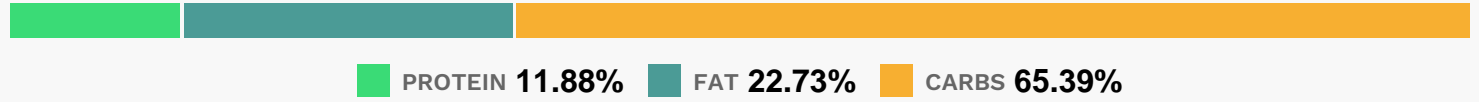
Equipment

- bowl

Directions

- In a large bowl, combine the salsa, cilantro, lime juice, olive oil, salt, and corn.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.7252173864323%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 57.82kcal (2.89%), Fat: 1.68g (2.58%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 9.33g (3.39%), Sugar: 4.11g (4.56%), Cholesterol: 0mg (0%), Sodium: 230.17mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin A: 308.88IU (6.18%), Potassium: 213.5mg (6.1%), Fiber: 1.52g (6.09%), Vitamin B3: 1.18mg (5.88%), Manganese: 0.11mg (5.74%), Vitamin C: 4.7mg (5.69%), Magnesium: 21.99mg (5.5%), Vitamin B1: 0.08mg (5.49%), Folate: 21.07µg (5.27%), Phosphorus: 51.28mg (5.13%), Vitamin B6: 0.1mg (5.07%), Vitamin K: 5.22µg (4.97%), Vitamin E: 0.6mg (4.02%), Vitamin B5: 0.4mg (3.97%), Copper: 0.05mg (2.42%), Iron: 0.4mg (2.2%), Vitamin B2: 0.04mg (2.18%), Zinc: 0.28mg (1.86%), Calcium: 11.04mg (1.1%)