



## Corn and Pepper Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup cider vinegar
- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon curry powder
- 4 ears shucked corn
- 1 teaspoon ginger fresh minced peeled
- 2 tablespoons juice of lime fresh
- 2 teaspoons mustard seeds

- 0.8 cup bell pepper red chopped ( 1 large)
- 0.8 cup onion red chopped
- 0.5 teaspoon salt
- 2 tablespoons sugar

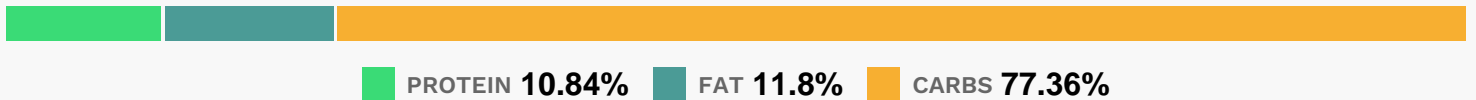
## Equipment

- bowl
- grill

## Directions

- Prepare grill.
- Place corn on grill rack coated with cooking spray, and grill 12 minutes or until corn is lightly browned, turning frequently. Cool, and cut kernels from ears of corn.
- Combine vinegar and next 8 ingredients (through black pepper) in a large bowl, stirring until sugar dissolves.
- Add corn kernels, bell pepper, and onion; toss well. Store in an airtight container in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:27.64, Glycemic Load:2.62, Inflammation Score:-6, Nutrition Score:5.0334782522658%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

## Nutrients (% of daily need)

Calories: 67.14kcal (3.36%), Fat: 0.98g (1.51%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 12.79g (4.65%), Sugar: 7.19g (7.99%), Cholesterol: 0mg (0%), Sodium: 154.96mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin C: 23.26mg (28.19%), Vitamin A: 544.02IU (10.88%), Manganese: 0.16mg (8.07%), Folate: 30.01µg (7.5%), Fiber: 1.64g (6.56%), Vitamin B1: 0.09mg (6.12%), Magnesium: 23.9mg (5.98%), Phosphorus: 56.17mg (5.62%), Potassium: 193.35mg (5.52%), Vitamin B6: 0.11mg (5.41%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.4mg (3.98%), Selenium: 1.99µg (2.84%), Vitamin B2: 0.04mg (2.64%), Iron: 0.47mg (2.62%), Vitamin E: 0.35mg (2.36%), Zinc: 0.33mg (2.19%), Copper: 0.04mg (2.12%), Vitamin K: 1.24µg (1.18%)