



Corn and Roasted Red Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves dried
- ☐ 4 cups regular corn frozen
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 cup roasted peppers red drained chopped

- ☐ 1.5 tablespoons sugar white
- ☐ 1.5 cups pomegranate-infused red wine vinegar

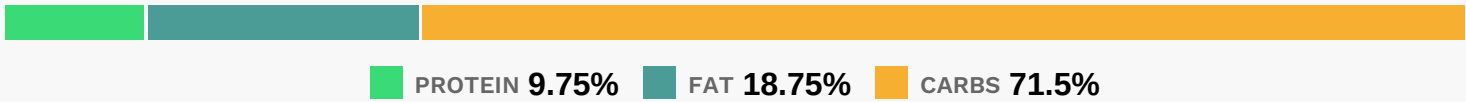
Equipment

- ☐ sauce pan

Directions

- ☐ Combine corn, red wine vinegar, red peppers, cilantro, sugar, olive oil, cumin, red pepper flakes, chili powder, and ginger together in a saucepan; bring to a boil, stirring frequently to dissolve the sugar. Reduce heat to medium-low and cook until the liquid evaporates, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:3.17, Inflammation Score:-7, Nutrition Score:13.4682609102%

Nutrients (% of daily need)

Calories: 244.95kcal (12.25%), Fat: 5.44g (8.36%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 46.64g (15.55%), Net Carbohydrates: 40.97g (14.9%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 515.75mg (22.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Vitamin C: 34.39mg (41.69%), Manganese: 0.53mg (26.51%), Fiber: 5.67g (22.67%), Vitamin B6: 0.39mg (19.6%), Iron: 3.44mg (19.14%), Potassium: 663.91mg (18.97%), Folate: 74.79µg (18.7%), Magnesium: 74.42mg (18.61%), Phosphorus: 173.23mg (17.32%), Vitamin B3: 3.27mg (16.35%), Vitamin K: 16.84µg (16.04%), Vitamin B1: 0.2mg (13.55%), Vitamin A: 562.69IU (11.25%), Vitamin B2: 0.19mg (10.95%), Zinc: 1.41mg (9.41%), Copper: 0.18mg (9.02%), Vitamin E: 0.95mg (6.3%), Calcium: 56.28mg (5.63%), Vitamin B5: 0.51mg (5.06%), Selenium: 2.1µg (3%)