



Corn and Tomato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil fresh
- ☐ 10 oz cherry tomatoes sweet stemmed rinsed halved
- ☐ 2 ounces goat cheese fresh crumbled (goat)
- ☐ 4 cups ears corn fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion red chopped
- ☐ 3 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper

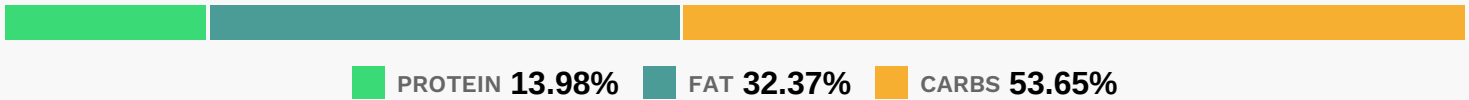
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ In a 10- to 12-inch frying pan over medium-high heat, stir onion in olive oil until limp, 5 to 7 minutes.
- ☐ Add corn and stir often just until tender to bite, 5 to 6 minutes.
- ☐ Pour mixture into a wide serving bowl and stir in tomatoes, basil, and vinegar.
- ☐ Add salt and pepper to taste.
- ☐ Sprinkle goat cheese over salad; serve warm or at room temperature.
- ☐ Cutting kernels: An average ear of corn weighs from 10 to 14 ounces and yields about 1 cup of kernels. To remove them, with a large, sharp knife, cut off and discard the stem end of each ear down to the beginning of the kernels. Pull off and discard the husks and silks; rinse ears. Holding each ear upright, shear off the kernels close to the cob.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:8.0095652264097%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 144.2kcal (7.21%), Fat: 5.7g (8.77%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 18.76g (6.82%), Sugar: 7.88g (8.76%), Cholesterol: 4.35mg (1.45%), Sodium: 249.48mg (10.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin C: 18.55mg (22.49%), Phosphorus:

128.48mg (12.85%), Folate: 51.09µg (12.77%), Manganese: 0.25mg (12.46%), Vitamin B1: 0.18mg (12%), Vitamin A: 562.45IU (11.25%), Potassium: 391.87mg (11.2%), Magnesium: 43.81mg (10.95%), Vitamin B3: 2.03mg (10.14%), Fiber: 2.51g (10.03%), Vitamin B6: 0.17mg (8.42%), Vitamin B5: 0.84mg (8.37%), Copper: 0.17mg (8.34%), Vitamin K: 7.39µg (7.04%), Iron: 1.11mg (6.18%), Vitamin B2: 0.1mg (6.11%), Vitamin E: 0.7mg (4.64%), Zinc: 0.63mg (4.21%), Calcium: 25.79mg (2.58%), Selenium: 1.15µg (1.64%)