



 1%
HEALTH SCORE

Corn-and-Tomato Scramble

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon apple cider vinegar
- 4 cups corn kernels (from 8 ears)
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 bunch spring onion white finely chopped
- 1.3 pounds tomatoes cut into bite-size pieces
- 2 tablespoons butter unsalted

Equipment

- bowl

frying pan

whisk

Directions

Whisk together oil, vinegar, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Toss tomatoes with dressing.

While tomatoes marinate, cook white parts of scallions in butter with 3/4 teaspoon salt and 1/2 teaspoon pepper in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until golden, about 4 minutes.

Add corn and sauté until just tender, about 5 minutes.

Transfer to a bowl and cool.

Stir together corn, tomatoes, and scallion greens.

Artezín Mendocino

Zinfandel '07 or Château de Chamirey

Mercurey Rouge '07

Corn can be cooked 1 day ahead and chilled. Bring to room temperature before using.

Nutrition Facts



PROTEIN 7.57% **FAT 49.34%** **CARBS 43.09%**

Properties

Glycemic Index:13.75, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:5.7865217745952%

Flavonoids

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 124.82kcal (6.24%), Fat: 7.49g (11.52%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 12.14g (4.42%), Sugar: 5.58g (6.2%), Cholesterol: 7.53mg (2.51%), Sodium: 172.61mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin A: 744.65IU (14.89%), Vitamin C: 11.59mg (14.04%), Vitamin K: 14.16µg (13.49%), Folate: 43µg (10.75%), Fiber: 2.57g (10.27%), Manganese: 0.18mg (9.04%), Potassium: 285.82mg (8.17%), Vitamin E: 1.06mg (7.05%), Vitamin B3: 1.26mg (6.29%), Phosphorus: 56.73mg (5.67%), Vitamin

B2: 0.09mg (5.3%), Magnesium: 19.16mg (4.79%), Vitamin B6: 0.09mg (4.45%), Vitamin B1: 0.06mg (3.89%),
Copper: 0.07mg (3.6%), Vitamin B5: 0.36mg (3.6%), Iron: 0.48mg (2.66%), Zinc: 0.4mg (2.65%), Calcium: 12.63mg
(1.26%)