



Corn-Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup champagne vinegar
- ☐ 2 teaspoons dijon mustard country-style
- ☐ 1 cucumber english sliced into half moons
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 oz basil leaves fresh
- ☐ 2 cups corn kernels fresh (4 ears)

- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 3 pounds pear tomatoes assorted halved
- ☐ 1 cup radishes thinly sliced
- ☐ 1 large shallots finely chopped

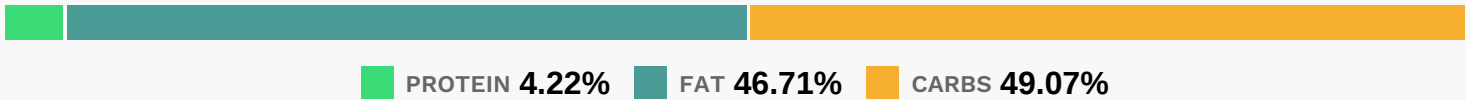
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Toss corn with 1 Tbsp. olive oil, and spread in a single layer in a jelly-roll pan.
- ☐ Bake 7 to 8 minutes or until golden brown. Cool 10 minutes.
- ☐ Combine corn, tomatoes, and next 2 ingredients.
- ☐ Whisk together vinegar and next 5 ingredients in a large bowl; add tomato mixture, and toss to coat. Gently stir in avocado.
- ☐ Let stand 20 minutes, stirring occasionally. Top with basil just before serving.

Nutrition Facts



Properties

Glycemic Index:22.73, Glycemic Load:5.46, Inflammation Score:-5, Nutrition Score:8.467826128006%

Flavonoids

Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg

Epicatechin: 4.39mg, Epicatechin: 4.39mg, Epicatechin: 4.39mg, Epicatechin: 4.39mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 198.43kcal (9.92%), Fat: 11.16g (17.17%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 19.69g (7.16%), Sugar: 13.57g (15.08%), Cholesterol: 0mg (0%), Sodium: 215.34mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin K: 29.7µg (28.29%), Fiber: 6.68g (26.74%), Vitamin C: 12.63mg (15.31%), Folate: 51.78µg (12.94%), Potassium: 437.51mg (12.5%), Vitamin E: 1.69mg (11.29%), Manganese: 0.22mg (10.93%), Copper: 0.2mg (9.91%), Vitamin B6: 0.17mg (8.5%), Magnesium: 33.57mg (8.39%), Vitamin B5: 0.79mg (7.9%), Phosphorus: 64.61mg (6.46%), Vitamin B3: 1.27mg (6.37%), Vitamin B2: 0.1mg (5.96%), Vitamin B1: 0.09mg (5.68%), Vitamin A: 275.13IU (5.5%), Iron: 0.8mg (4.45%), Zinc: 0.55mg (3.68%), Calcium: 27.55mg (2.75%), Selenium: 0.85µg (1.21%)