

# Corn Chow-Chow

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon celery salt
- 2 teaspoons cider vinegar
- 2 cups whole-kernel corn frozen
- 1 tablespoon cane syrup
- 0.3 cup onion finely chopped
- 0.3 cup bell pepper red finely chopped
- 1 cup water
- 1 tablespoon whole-grain dijon mustard

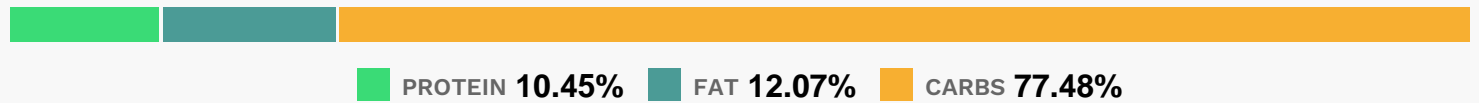
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Bring the water to a boil in a small saucepan.
- Add corn; cover, reduce heat, and simmer 5 minutes.
- Drain.
- Combine mustard, syrup, vinegar, and celery salt in a medium bowl, stirring with a whisk.
- Add onion and bell pepper, stirring to coat. Stir in corn.
- Let stand at least 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.38, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.0708695481653%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 37.96kcal (1.9%), Fat: 0.58g (0.9%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 7.33g (2.66%), Sugar: 3.89g (4.33%), Cholesterol: 0mg (0%), Sodium: 252.01mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin C: 7.12mg (8.63%), Folate: 18.71µg (4.68%), Fiber: 1.11g (4.45%), Manganese: 0.07mg (3.59%), Vitamin A: 165.7IU (3.31%), Vitamin B2: 0.04mg (2.56%), Phosphorus: 24.13mg (2.41%), Vitamin B3: 0.47mg (2.37%), Potassium: 77.95mg (2.23%), Magnesium: 7.82mg (1.95%), Vitamin B6: 0.04mg (1.9%), Vitamin B5: 0.17mg (1.74%), Vitamin B1: 0.02mg (1.62%), Selenium: 0.92µg (1.32%), Copper: 0.02mg (1.16%), Zinc: 0.17mg (1.13%)