



Corn-Pimento Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups regular corn frozen canned thawed drained
- 4 ounce chiles diced green canned
- 1 teaspoon ground cumin
- 4 servings salt and ground pepper black
- 1 tablespoon parsley leaves chopped
- 4 ounces pimento diced canned

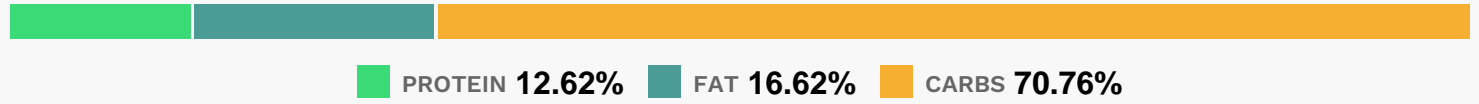
Equipment

- bowl

Directions

- In a medium bowl, combine corn, pimento, green chiles, and cumin.
- Mix well and season to taste with salt and black pepper.
- Garnish with fresh parsley.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:6.6260868544164%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 71.88kcal (3.59%), Fat: 1.38g (2.12%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.94g (4.34%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 241.04mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin C: 41.82mg (50.69%), Vitamin K: 19.48µg (18.55%), Vitamin A: 879.54IU (17.59%), Folate: 40.63µg (10.16%), Iron: 1.53mg (8.5%), Vitamin B6: 0.11mg (5.6%), Potassium: 189.56mg (5.42%), Vitamin B3: 1.01mg (5.07%), Fiber: 1.24g (4.98%), Manganese: 0.1mg (4.95%), Phosphorus: 43.05mg (4.31%), Magnesium: 13.87mg (3.47%), Vitamin B2: 0.04mg (2.54%), Copper: 0.05mg (2.37%), Zinc: 0.34mg (2.24%), Calcium: 20.17mg (2.02%), Vitamin E: 0.26mg (1.76%), Vitamin B1: 0.02mg (1.61%)