

# Corn Salad

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

## Ingredients

- 0.8 cup cucumber diced peeled seeded
- 3 tablespoons cilantro leaves fresh chopped
- 0.5 cup onion diced red
- 0.3 cup red wine vinegar
- 0.5 cup salad oil
- 6 servings salt and pepper
- 6 scallions chopped
- 3 tablespoons cup heavy whipping cream sour

- 3 tomatoes chopped
- 2 cups kernel corn fresh whole

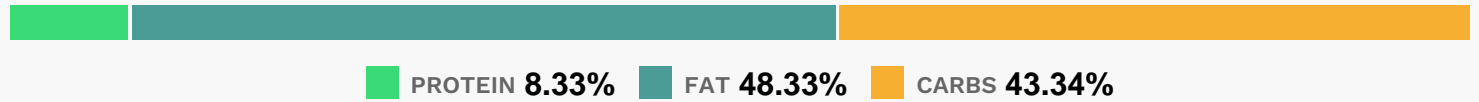
## Equipment

- bowl

## Directions

- Combine corn, cucumbers, onions, tomatoes, and scallions in salad bowl. In a separate bowl, blend sour cream with salt, pepper, vinegar, oil and chopped cilantro.
- Add sour cream mixture to corn and toss gently to coat. Chill and serve in large bowl, family style.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:1.12, Inflammation Score:-6, Nutrition Score:6.0773912260066%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

## Nutrients (% of daily need)

Calories: 106.06kcal (5.3%), Fat: 5.8g (8.92%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 10.3g (3.75%), Sugar: 2.9g (3.22%), Cholesterol: 3.54mg (1.18%), Sodium: 283.9mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin K: 34.32µg (32.69%), Vitamin C: 13.21mg (16.01%), Vitamin A: 695.05IU (13.9%), Folate: 36.75µg (9.19%), Potassium: 291.42mg (8.33%), Manganese: 0.15mg (7.66%), Vitamin E: 1.09mg (7.25%), Fiber: 1.4g (5.59%), Phosphorus: 52.51mg (5.25%), Magnesium: 19.05mg (4.76%), Vitamin B3: 0.85mg (4.24%), Vitamin B6: 0.08mg (4.19%), Copper: 0.08mg (4.07%), Vitamin B1: 0.05mg (3.3%), Iron: 0.57mg (3.18%), Calcium: 28.1mg (2.81%), Vitamin B2: 0.05mg (2.76%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.14mg (1.41%)