



Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 cup canola oil
- ☐ 1 fennel bulb cored thinly sliced quartered
- ☐ 2 cups regular corn frozen thawed
- ☐ 1 granny smith apples cored peeled chopped
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons parsley leaves chopped

- ☐ 0.5 medium onion red chopped
- ☐ 1 tablespoon spicy brown mustard

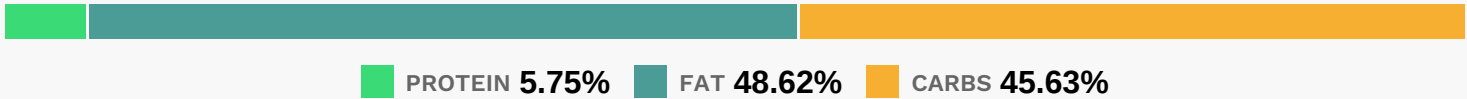
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large serving bowl, toss together the corn, apples, fennel, and onion. (Reserve 1 cup of the mixture for the Corn Puddings recipe.)
- ☐ Add the parsley and cumin and season with salt and pepper, to taste. In a small bowl, whisk together the vinegar, mustard, and oil. (Reserve 2 tablespoons of the vinaigrette for the Round 2 Salad recipe.)
- ☐ Add the dressing to the vegetables and toss well to coat.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:12.452173927556%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 258.61kcal (12.93%), Fat: 15.11g (23.24%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 26.15g (9.51%), Sugar: 7.73g (8.58%), Cholesterol: 0mg (0%), Sodium: 79.15mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin K: 80.82µg (76.97%), Fiber: 5.75g (23.02%), Vitamin C: 18.78mg (22.77%), Vitamin E: 2.92mg (19.47%), Manganese: 0.34mg (17.13%), Potassium: 585.95mg (16.74%), Folate: 56.14µg (14.04%), Phosphorus: 118.48mg (11.85%), Magnesium: 45.17mg (11.29%), Vitamin B6: 0.22mg (10.86%), Vitamin B3: 1.89mg (9.45%), Iron: 1.61mg (8.95%), Vitamin B1: 0.12mg (7.8%), Vitamin B2: 0.11mg (6.65%), Vitamin A: 284.57IU (5.69%), Copper: 0.11mg (5.52%), Zinc: 0.81mg (5.4%), Calcium: 48.6mg (4.86%), Vitamin B5: 0.44mg (4.43%), Selenium: 2.45µg (3.51%)