



Corn Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 30.5 ounce no-salt-added whole-kernel corn drained canned
- ☐ 1 package vegetable seasoning blend frozen
- ☐ 0.3 cup vegetable salad marinade

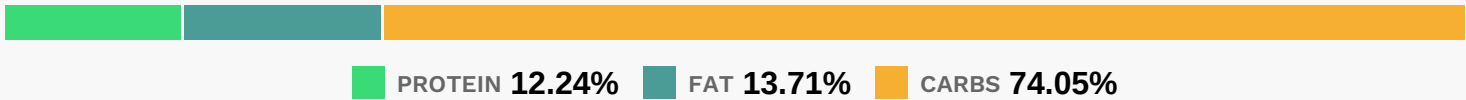
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Combine 2 (25-ounce) cans no-salt-added whole-kernel corn, drained, 1 package frozen vegetable seasoning blend, and 1/3 cup Vegetable Salad Marinade in a small bowl; stir well. Cover and marinate in refrigerator at least 4 hours, stirring occasionally.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:4.9773913492327%

Nutrients (% of daily need)

Calories: 103.47kcal (5.17%), Fat: 1.82g (2.8%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 18.73g (6.81%), Sugar: 6.41g (7.12%), Cholesterol: 0mg (0%), Sodium: 300.22mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Folate: 56.65µg (14.16%), Fiber: 3.36g (13.43%), Vitamin A: 581.13IU (11.62%), Manganese: 0.2mg (9.86%), Vitamin B2: 0.14mg (8.1%), Vitamin B3: 1.58mg (7.88%), Phosphorus: 72.5mg (7.25%), Potassium: 213.76mg (6.11%), Magnesium: 21.61mg (5.4%), Vitamin B5: 0.53mg (5.3%), Vitamin B1: 0.07mg (4.4%), Vitamin C: 3.36mg (4.07%), Zinc: 0.51mg (3.41%), Vitamin B6: 0.06mg (3.24%), Iron: 0.55mg (3.04%), Copper: 0.06mg (2.9%), Selenium: 0.91µg (1.3%), Vitamin E: 0.16mg (1.07%)