



Corn Salad II

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon celery seed
- 0.8 cup cucumber for garnish
- 0.3 teaspoon mustard dry
- 2 tablespoons mayonnaise
- 0.3 cup onion diced
- 0.5 teaspoon salt
- 0.3 cup heavy whipping cream sour
- 2 small tomatoes coarsely chopped

- 1 tablespoon distilled vinegar white
- 30 ounce kernel corn whole drained canned

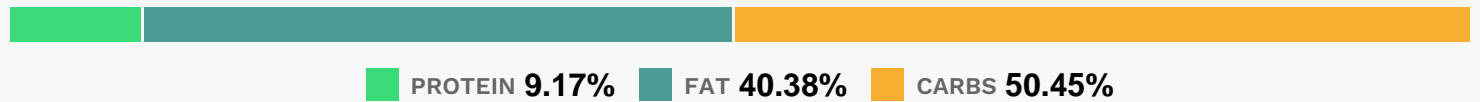
Equipment

- whisk
- mixing bowl

Directions

- In a large mixing bowl, combine the corn, cucumbers, onions and tomatoes.
- Prepare the dressing by whisking together the sour cream, mayonnaise, vinegar, salt, mustard and celery seeds.
- Add to corn mixture and toss until all ingredients are evenly coated.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:4.5004347975811%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 166.95kcal (8.35%), Fat: 7.52g (11.57%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 20.53g (7.47%), Sugar: 1.67g (1.86%), Cholesterol: 7.61mg (2.54%), Sodium: 459.76mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Folate: 50.2µg (12.55%), Vitamin K: 11.37µg (10.83%), Vitamin C: 7.7mg (9.33%), Potassium: 283.45mg (8.1%), Phosphorus: 80.34mg (8.03%), Manganese: 0.15mg (7.32%), Vitamin B3: 1.32mg (6.58%), Vitamin A: 327.59IU (6.55%), Magnesium: 23.3mg (5.83%), Copper: 0.08mg (4.04%), Zinc: 0.54mg (3.59%), Vitamin B2: 0.05mg (2.97%), Vitamin B1: 0.04mg (2.94%), Iron: 0.51mg (2.82%), Fiber: 0.61g (2.45%), Vitamin E: 0.36mg (2.43%), Vitamin B6: 0.05mg (2.31%), Calcium: 21.76mg (2.18%), Vitamin B5: 0.12mg (1.16%), Selenium: 0.71µg (1.01%)