



Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

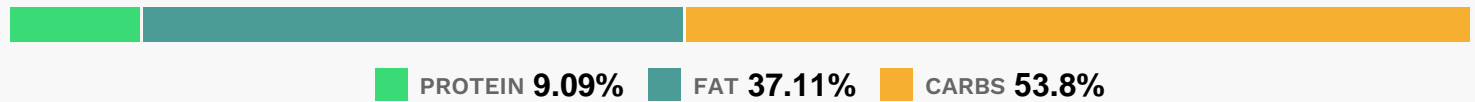
- 15.3 ounces corn whole drained canned
- 4 oz chilis green undrained chopped canned
- 1 jalapeno seeded finely chopped
- 0.3 cup bell pepper green chopped
- 0.3 cup spring onion sliced
- 2 tablespoons citrus champagne vinegar
- 1 tablespoon vegetable oil
- 0.3 teaspoon salt

Equipment

Directions

- Mix all ingredients.
- Cover and refrigerate about 1 hour or until chilled. Store tightly covered in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:10.181304356326%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 244.59kcal (12.23%), Fat: 10.13g (15.58%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 31.23g (11.36%), Sugar: 1.03g (1.14%), Cholesterol: 0mg (0%), Sodium: 872.1mg (37.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin C: 48.77mg (59.11%), Vitamin K: 41.05µg (39.1%), Folate: 105.06µg (26.26%), Potassium: 405.19mg (11.58%), Vitamin B3: 2.29mg (11.43%), Phosphorus: 106.23mg (10.62%), Manganese: 0.18mg (8.91%), Iron: 1.57mg (8.7%), Magnesium: 32.07mg (8.02%), Vitamin B6: 0.15mg (7.34%), Fiber: 1.8g (7.21%), Vitamin A: 340.44IU (6.81%), Vitamin E: 0.94mg (6.3%), Zinc: 0.74mg (4.96%), Copper: 0.09mg (4.73%), Vitamin B2: 0.07mg (4.09%), Vitamin B1: 0.06mg (3.89%), Calcium: 37.52mg (3.75%)