



 **6%**
HEALTH SCORE

Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 bell pepper chopped
- 0.5 bell pepper chopped
- 0.3 cup celery chopped
- 5 ears corn fresh sliced quick
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 1 clove garlic chopped
- 0.5 jalapeno with seeds chopped

- 0.3 onion red chopped
- 4 servings pepper black to taste
- 0.3 cup sugar
- 1 pickle sweet
- 1 pickle sweet
- 1 tomatoes diced ripe
- 0.3 cup vinegar

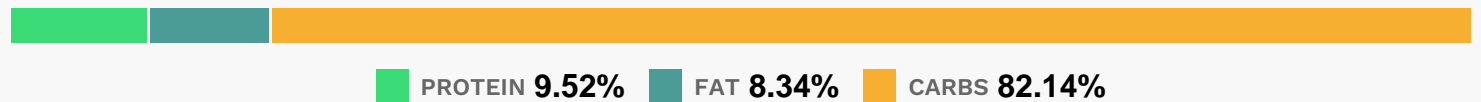
Equipment

- bowl

Directions

- Combine all of the above ingredients in a bowl.
- Combine the ingredients for the dressing and add to the salsa.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:128.77, Glycemic Load:9.73, Inflammation Score:-8, Nutrition Score:13.747391304348%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Taste

Sweetness: 100%, Saltiness: 7.67%, Sourness: 23.18%, Bitterness: 5.89%, Savoriness: 5.41%, Fattiness: 10.06%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 179.28kcal (8.96%), Fat: 1.83g (2.82%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 36.78g (13.37%), Sugar: 24.34g (27.05%), Cholesterol: 0mg (0%), Sodium: 82.94mg (3.61%), Protein: 4.7g (9.4%), Vitamin C: 54.12mg (65.61%), Vitamin A: 1857.96IU (37.16%), Vitamin K: 37.39µg (35.61%), Manganese: 0.38mg (19.02%), Folate: 73.84µg (18.46%), Fiber: 3.77g (15.09%), Potassium: 505.3mg (14.44%), Vitamin B1: 0.21mg (14.25%), Magnesium: 55.45mg (13.86%), Vitamin B3: 2.59mg (12.95%), Vitamin B6: 0.26mg (12.9%), Phosphorus: 126.76mg (12.68%), Vitamin B5: 0.98mg (9.83%), Vitamin B2: 0.11mg (6.55%), Copper: 0.12mg (6.08%), Iron: 1.08mg (6.01%), Vitamin E: 0.89mg (5.94%), Zinc: 0.74mg (4.95%), Calcium: 32.85mg (3.29%), Selenium: 1.06µg (1.51%)