



Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 ounce chiles green drained chopped canned
- 2 jalapeño peppers diced seeded
- 2.3 ounce olives ripe drained sliced canned
- 0.3 teaspoon salt
- 1 small tomatoes chopped
- 2.5 tablespoons vegetable oil
- 1.5 tablespoons vinegar white
- 15.3 ounce kernel corn whole rinsed drained canned

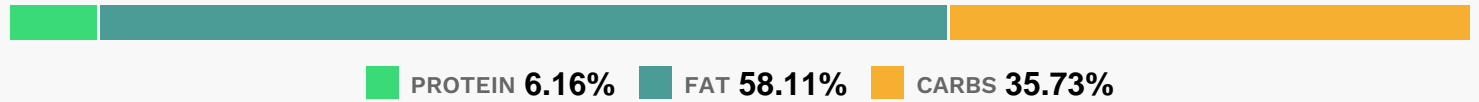
Equipment

bowl

Directions

Stir together all ingredients in a large bowl. Cover and chill, stirring often, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:7.9608695429304%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 256.2kcal (12.81%), Fat: 16.86g (25.93%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 21.28g (7.74%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 931.16mg (40.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin C: 32.22mg (39.05%), Vitamin K: 25.26µg (24.06%), Folate: 72.46µg (18.12%), Vitamin E: 2.24mg (14.9%), Vitamin A: 490.43IU (9.81%), Potassium: 319.39mg (9.13%), Vitamin B3: 1.74mg (8.7%), Fiber: 2.05g (8.2%), Phosphorus: 74.64mg (7.46%), Manganese: 0.13mg (6.46%), Magnesium: 24.71mg (6.18%), Iron: 1.1mg (6.1%), Vitamin B6: 0.12mg (6.05%), Copper: 0.09mg (4.65%), Zinc: 0.52mg (3.44%), Calcium: 34mg (3.4%), Vitamin B1: 0.05mg (3.02%), Vitamin B2: 0.05mg (2.83%)