



Corn-Tomato Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 0.3 teaspoon pepper red crushed
- 0.3 cup basil fresh thinly sliced
- 1.5 cups ears corn fresh (3 ears)
- 1 tablespoon juice of lime fresh
- 1 teaspoon olive oil
- 0.3 teaspoon salt
- 1 teaspoon sugar

- 0.8 pound tomatoes diced
- 1 cup onion sweet chopped

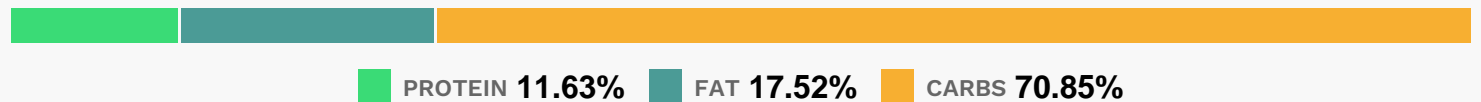
Equipment

- bowl
- frying pan

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion, and saut 5 minutes or until tender.
- Add corn; cook 8 minutes or until tender, stirring frequently.
- Remove from heat, and cool slightly.
- Combine corn mixture with remaining ingredients in a large bowl; toss gently.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:7.6152174084083%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 89.47kcal (4.47%), Fat: 1.97g (3.04%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 15.39g (5.6%), Sugar: 8.73g (9.69%), Cholesterol: 0mg (0%), Sodium: 163.2mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin C: 18.75mg (22.73%), Vitamin A: 955.32IU (19.11%), Vitamin K: 16.16µg (15.39%), Manganese: 0.25mg (12.51%), Potassium: 409.59mg (11.7%), Folate: 46.58µg (11.64%),

Fiber: 2.57g (10.3%), Vitamin B1: 0.13mg (8.94%), Vitamin B6: 0.18mg (8.9%), Magnesium: 34.95mg (8.74%), Phosphorus: 81.72mg (8.17%), Vitamin B3: 1.56mg (7.8%), Copper: 0.11mg (5.65%), Vitamin B5: 0.52mg (5.16%), Vitamin E: 0.72mg (4.81%), Iron: 0.72mg (3.99%), Vitamin B2: 0.06mg (3.39%), Zinc: 0.47mg (3.15%), Calcium: 22.46mg (2.25%)