



Country Corn Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon parsley flakes dried
- ☐ 1 medium size bell pepper diced green
- ☐ 4 green onions thinly sliced
- ☐ 4 plum tomatoes diced
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 tablespoon sugar

- ☐ 0.3 cup vegetable oil
- ☐ 30.5 ounce kernel corn whole drained canned

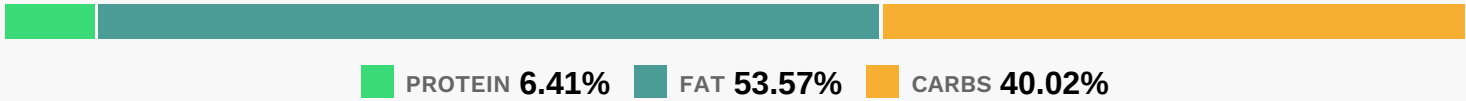
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Whisk together oil and remaining 5 ingredients.
- ☐ Pour oil mixture over corn mixture, and stir gently to combine. Cover and chill at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:2.05, Inflammation Score:-6, Nutrition Score:7.780000064684%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 238.61kcal (11.93%), Fat: 14.33g (22.04%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 22.98g (8.35%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 240.99mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Vitamin K: 45.2µg (43.04%), Vitamin C: 25.57mg (31%), Folate: 55.39µg (13.85%), Vitamin A: 522.94IU (10.46%), Manganese: 0.21mg (10.42%), Potassium: 335.69mg (9.59%), Vitamin E: 1.37mg (9.15%), Phosphorus: 77.51mg (7.75%), Vitamin B3: 1.52mg (7.61%), Magnesium: 25.4mg (6.35%), Copper: 0.09mg (4.63%), Fiber: 1.1g (4.42%), Vitamin B6: 0.09mg (4.27%), Iron: 0.74mg (4.09%), Zinc: 0.55mg (3.64%), Vitamin B1: 0.05mg (3.53%), Vitamin B2: 0.04mg (2.58%), Calcium: 17.94mg (1.79%)