



## Crunchy corn & pepper salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



1 bunch spring onion chopped



140 g sweetcorn frozen



1 bell pepper red seeded finely chopped



1 tbsp olive oil



1 tbsp honey



1 garlic clove crushed



1 tsp ground cumin



1 juice of lime

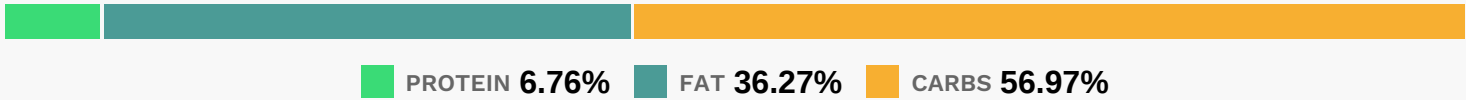
# Equipment

☐ bowl

# Directions

- ☐ Stir all the dressing ingredients together in a medium bowl with some salt and pepper. Toss in the spring onions, sweetcorn and finely chopped red pepper. Can be made up to a day in advance and chilled.
- ☐ Let the salsa stand at room temperature for about 20 mins before serving.

# Nutrition Facts



# Properties

Glycemic Index:34.46, Glycemic Load:4.27, Inflammation Score:-6, Nutrition Score:4.7926086627919%

# Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

# Nutrients (% of daily need)

Calories: 63.35kcal (3.17%), Fat: 2.83g (4.35%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 8.85g (3.22%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 2.6mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 29.12mg (35.3%), Vitamin A: 729.01IU (14.58%), Vitamin K: 10.81µg (10.29%), Vitamin B6: 0.1mg (5.15%), Vitamin E: 0.71mg (4.77%), Fiber: 1.15g (4.61%), Manganese: 0.09mg (4.54%), Folate: 17.67µg (4.42%), Potassium: 119.41mg (3.41%), Vitamin B3: 0.64mg (3.19%), Iron: 0.51mg (2.84%), Phosphorus: 27.87mg (2.79%), Magnesium: 11.06mg (2.77%), Vitamin B5: 0.26mg (2.62%), Vitamin B1: 0.04mg (2.6%), Vitamin B2: 0.04mg (2.18%), Zinc: 0.24mg (1.62%), Copper: 0.03mg (1.26%)