



Easy Cherry Tomato Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cherry tomatoes halved
- ☐ 1 cup cucumber peeled seeded chopped
- ☐ 0.3 cup basil fresh minced
- ☐ 2 cups regular corn frozen thawed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 jalapeno seeded chopped
- ☐ 2 teaspoons juice of lime
- ☐ 3 tablespoons olive oil

- ☐ 0.5 teaspoon salt
- ☐ 2 shallots minced
- ☐ 1 teaspoon sugar white

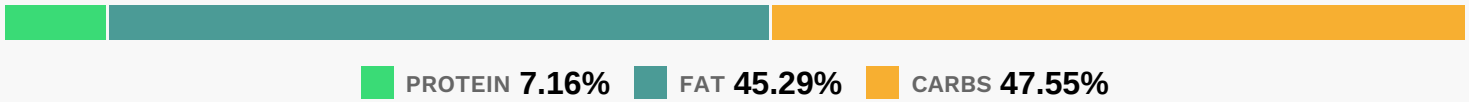
Equipment

- ☐ bowl

Directions

- ☐ Combine basil, olive oil, lime juice, sugar, salt, and pepper in a jar and screw on the lid; shake until dressing is completely blended.
- ☐ Stir corn, tomatoes, cucumber, jalapeno, and shallots together in a bowl.
- ☐ Drizzle dressing over corn mixture and toss to coat. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:6.5252174450004%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 137.48kcal (6.87%), Fat: 7.55g (11.61%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 15.41g (5.6%), Sugar: 2.99g (3.32%), Cholesterol: 0mg (0%), Sodium: 203.75mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin C: 20.11mg (24.37%), Vitamin K: 12µg (11.42%), Manganese: 0.2mg (10.24%), Potassium: 339.87mg (9.71%), Fiber: 2.42g (9.67%), Vitamin B6: 0.19mg (9.5%), Vitamin E: 1.39mg (9.28%), Folate: 35.88µg (8.97%), Phosphorus: 72.94mg (7.29%), Magnesium: 27.75mg (6.94%), Vitamin A: 340.56IU (6.81%), Vitamin B3: 1.26mg (6.28%), Vitamin B1: 0.09mg (5.88%), Iron: 0.95mg (5.27%), Copper: 0.09mg (4.75%), Vitamin B2: 0.07mg (4.09%), Zinc: 0.54mg (3.6%), Vitamin B5: 0.32mg (3.15%), Calcium: 16.7mg (1.67%), Selenium: 0.83µg (1.19%)