



Easy Corn Salad - Great Side for BBQs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce regular corn mexican-style drained canned
- ☐ 20 ounce tomatoes diced with green chile peppers such as ro*tel® canned
- ☐ 15.3 ounce regular corn white yellow drained canned
- ☐ 1 large cucumber diced seedless peeled
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 juice of lime juiced
- ☐ 1 cup bell peppers diced red
- ☐ 0.3 cup onion diced red to taste

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22 ounce regular corn white with chipotle peppers canned

Equipment

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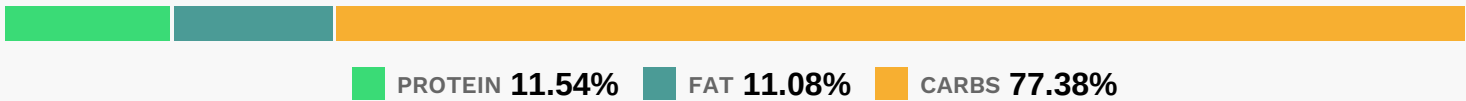
bowl

Directions

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Mix tomatoes with green chile peppers, Mexican-style corn, yellow and white corn, white corn with chipotle peppers, cucumber, red bell peppers, cilantro, red onion, and lime juice together in a large bowl.

Nutrition Facts



Properties

Glycemic Index:3.79, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:4.4234782379606%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 123.85kcal (6.19%), Fat: 1.67g (2.58%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 17.92g (6.52%), Sugar: 13.29g (14.76%), Cholesterol: 0mg (0%), Sodium: 84.52mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Fiber: 8.39g (33.57%), Vitamin C: 12.57mg (15.24%), Vitamin A: 281.15IU (5.62%), Vitamin K: 5.19µg (4.94%), Manganese: 0.09mg (4.4%), Potassium: 147.84mg (4.22%), Vitamin B6: 0.08mg (3.78%), Folate: 14.87µg (3.72%), Vitamin B3: 0.68mg (3.41%), Phosphorus: 33.43mg (3.34%), Magnesium: 12.81mg (3.2%), Vitamin B1: 0.04mg (2.51%), Iron: 0.44mg (2.46%), Vitamin B5: 0.22mg (2.22%), Vitamin B2: 0.04mg (2.13%), Copper: 0.04mg (2.02%), Vitamin E: 0.3mg (1.99%), Zinc: 0.22mg (1.5%), Calcium: 11.45mg (1.15%)