



Esquites (Mexican Corn Salad)



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 servings chili powder to taste
- ☐ 1 handful cilantro leaves chopped
- ☐ 3 cups regular corn (4 ears)
- ☐ 2 tablespoons cotija crumbled (or feta)
- ☐ 1 glove garlic grated
- ☐ 2 green onions sliced
- ☐ 0.5 jalapeño diced seeded finely

- ☐ 1 juice of lime
- ☐ 3 tablespoons mayonnaise

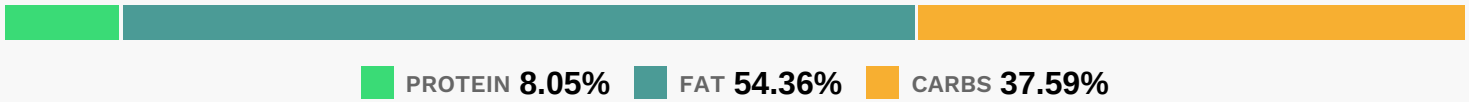
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a heavy skillet over medium-high heat.
- ☐ Add the corn, toss and let it sit cooking until charred, mix it up and let it char again, about 6-10 minutes.
- ☐ Add the jalapeno, saute for a minute and remove from heat.
- ☐ Mix everything and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:77.13, Glycemic Load:12.22, Inflammation Score:-7, Nutrition Score:10.424347768659%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 266.29kcal (13.31%), Fat: 17.41g (26.78%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 23.34g (8.49%), Sugar: 5.81g (6.45%), Cholesterol: 27.02mg (9.01%), Sodium: 244.29mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin K: 36.24µg (34.51%), Vitamin A: 1264.37IU (25.29%), Fiber: 3.75g (14.99%), Vitamin C: 12.32mg (14.94%), Phosphorus: 132.82mg (13.28%), Vitamin B6: 0.26mg (13.21%), Manganese: 0.26mg (12.97%), Vitamin B3: 2.34mg (11.72%), Vitamin B5: 1.07mg (10.7%), Vitamin E: 1.53mg (10.18%), Vitamin B2: 0.17mg (10.02%), Potassium: 337.73mg (9.65%), Magnesium: 37.38mg (9.35%), Folate: 36.28µg (9.07%), Vitamin B1: 0.13mg (9%), Zinc: 1.11mg (7.43%), Calcium: 62.1mg (6.21%), Iron: 1.07mg (5.97%), Copper: 0.09mg (4.68%), Selenium: 2.39µg (3.42%), Vitamin B12: 0.17µg (2.8%)