



Fall Salad of Corn, Cherry Tomatoes, and Oven-Roasted Green Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups cherry tomatoes halved
- ☐ 1.5 tablespoons dijon mustard
- ☐ 6 cups ears corn fresh
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 18 spring onion
- ☐ 1 cup olive oil
- ☐ 6 tablespoons cream sour

- ☐ 1.5 teaspoons sugar
- ☐ 3 tablespoons citrus champagne vinegar

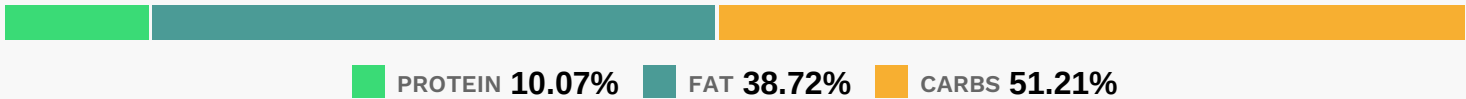
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine first 4 ingredients in processor. With machine running, gradually add 3/4 cup oil.
- ☐ Transfer mixture to medium bowl.
- ☐ Whisk in sour cream. Season dressing to taste with salt and pepper.
- ☐ Preheat oven to 450°F.
- ☐ Place onions on rimmed baking sheet.
- ☐ Brush with remaining 1/4 cup oil.
- ☐ Sprinkle with salt and pepper. Roast until beginning to brown, about 10 minutes. Cool.
- ☐ Cut into 1-inch pieces.
- ☐ Transfer to large bowl.
- ☐ Cook corn in large pot of boiling salted water until crisp-tender, about 4 minutes.
- ☐ Drain; add to onions. (Dressing and onion-corn mixture can be made 1 day ahead. Cover separately; chill.)
- ☐ Add tomatoes and dressing to onion-corn mixture and toss.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:12.929130484229%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 187.32kcal (9.37%), Fat: 8.92g (13.72%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 23.06g (8.39%), Sugar: 9.92g (11.03%), Cholesterol: 5.31mg (1.77%), Sodium: 61.89mg (2.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin K: 61.21µg (58.29%), Vitamin C: 25.99mg (31.5%), Manganese: 0.4mg (19.95%), Folate: 74.55µg (18.64%), Vitamin A: 858.97IU (17.18%), Potassium: 547.32mg (15.64%), Magnesium: 57.7mg (14.42%), Vitamin B1: 0.21mg (14.26%), Fiber: 3.49g (13.94%), Phosphorus: 136.86mg (13.69%), Vitamin B3: 2.51mg (12.53%), Iron: 1.88mg (10.42%), Vitamin B6: 0.2mg (9.95%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 1.36mg (9.06%), Vitamin B2: 0.13mg (7.55%), Copper: 0.14mg (6.81%), Calcium: 53.97mg (5.4%), Zinc: 0.78mg (5.23%), Selenium: 2.45µg (3.49%)