



## Fire Roasted Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 avocado diced ripe
- 3 ears corn
- 1 medium jalapeño split seeded
- 2 juice of lime
- 8 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 0.3 small onion diced red
- 2 roma tomatoes diced

8 servings tortilla chips for dipping

## Equipment

bowl

knife

grill

## Directions

Watch how to make this recipe.

Heat a grill to medium-high heat.

Add the corn and jalapeno to a sheet tray, drizzle with the olive oil and sprinkle with salt and pepper. Grill on all sides until lightly charred, about 6 minutes total.

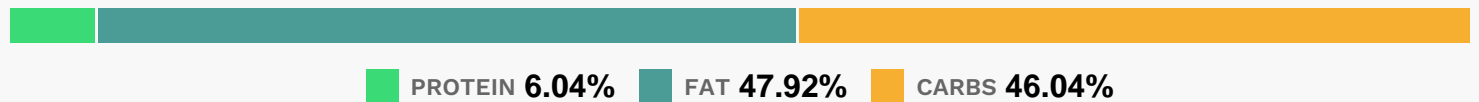
Remove from the grill and cool for a few minutes until you can handle.

Use your knife to remove the corn kernels from the ears of corn. Finely chop the jalapeno.

Add both to a bowl, and then stir in the tomatoes, avocado, red onion and lime juice. Taste for seasoning and adjust as necessary with more salt as needed.

Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:21.13, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:7.4995651141457%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## **Nutrients (% of daily need)**

Calories: 239.12kcal (11.96%), Fat: 13.49g (20.76%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 24.95g (9.07%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 99.87mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Fiber: 4.22g (16.88%), Vitamin E: 2.2mg (14.67%), Vitamin K: 15.11µg (14.39%), Vitamin C: 11.51mg (13.95%), Magnesium: 46.38mg (11.59%), Phosphorus: 112.48mg (11.25%), Folate: 42.1µg (10.53%), Vitamin B5: 0.96mg (9.57%), Potassium: 320.17mg (9.15%), Vitamin B6: 0.17mg (8.65%), Vitamin B1: 0.12mg (7.89%), Vitamin B3: 1.4mg (7%), Manganese: 0.13mg (6.43%), Copper: 0.11mg (5.39%), Vitamin A: 252.98IU (5.06%), Zinc: 0.74mg (4.96%), Iron: 0.83mg (4.6%), Vitamin B2: 0.08mg (4.54%), Calcium: 37.45mg (3.74%), Selenium: 1.57µg (2.25%)