



Fresh Corn and Avocado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large avocado cut into 1/2-in. cubes
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons champagne vinegar
- 2 cups cherry tomatoes halved
- 1 teaspoon dijon mustard
- 6 ears corn
- 0.3 cup basil leaves fresh chopped
- 0.3 teaspoon kosher salt

- 0.3 cup olive oil extra-virgin
- 0.5 cup onion red thinly sliced

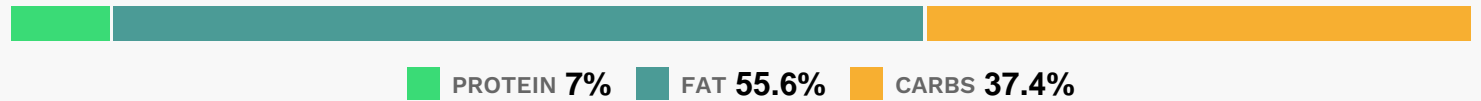
Equipment

- bowl
- whisk
- pot

Directions

- In a large pot of boiling water, cook corn until warmed through, 3 to 5 minutes. Rinse with cold water until cool.
- Meanwhile, combine tomatoes, onion, avocado, and basil in a large bowl. In a small bowl, combine remaining ingredients to make the vinaigrette, whisking until blended.
- Cut corn kernels off cobs and add to salad, then pour in vinaigrette and toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:10.515217309413%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 226.81kcal (11.34%), Fat: 15.25g (23.46%), Saturated Fat: 2.26g (14.16%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 18.37g (6.68%), Sugar: 7.67g (8.53%), Cholesterol: 0mg (0%), Sodium: 128.55mg (5.59%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin C: 22.05mg (26.73%), Vitamin K: 19.85µg (18.9%), Fiber: 4.7g (18.79%), Folate: 74.9µg (18.73%), Vitamin E: 2.35mg (15.65%), Potassium: 541.57mg (15.47%), Manganese: 0.3mg (14.78%), Magnesium: 50.42mg (12.6%), Vitamin B1: 0.19mg (12.54%), Vitamin B3: 2.47mg (12.37%), Vitamin B5: 1.2mg (11.98%), Phosphorus: 117.47mg (11.75%), Vitamin B6: 0.23mg (11.4%), Vitamin A: 531.73IU (10.63%), Copper: 0.16mg (8.11%), Vitamin B2: 0.11mg (6.43%), Iron: 1.16mg (6.42%), Zinc: 0.74mg (4.93%), Selenium: 1.28µg (1.83%), Calcium: 18.05mg (1.81%)