



Fresh Corn-And-Basil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

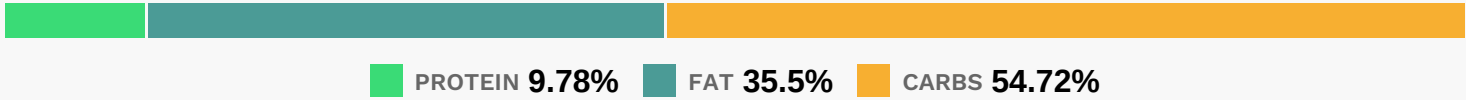
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 cup basil fresh thinly sliced
- ☐ 2.3 cups corn kernels fresh (4 ears)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ Combine all ingredients, tossing well.
- ☐ NOTE: This no-cook recipe is best if made with fresh summer corn.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:6.0334783066874%

Nutrients (% of daily need)

Calories: 105.98kcal (5.3%), Fat: 4.64g (7.14%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.37g (5.22%), Sugar: 5.72g (6.36%), Cholesterol: 0mg (0%), Sodium: 304.15mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin K: 27.25µg (25.95%), Manganese: 0.21mg (10.39%), Folate: 38.34µg (9.58%), Vitamin A: 469.02IU (9.38%), Magnesium: 34.51mg (8.63%), Vitamin B1: 0.13mg (8.56%), Vitamin C: 6.63mg (8.03%), Phosphorus: 76.71mg (7.67%), Vitamin B3: 1.5mg (7.49%), Potassium: 242.49mg (6.93%), Fiber: 1.73g (6.91%), Vitamin B5: 0.6mg (5.97%), Vitamin B6: 0.09mg (4.26%), Vitamin E: 0.61mg (4.06%), Iron: 0.67mg (3.7%), Copper: 0.07mg (3.42%), Vitamin B2: 0.05mg (2.91%), Zinc: 0.43mg (2.85%), Calcium: 13.55mg (1.35%)