



## Fresh Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons cider vinegar
- 5 ears of corn
- 0.5 cup basil leaves fresh julienned
- 0.5 teaspoon kosher salt
- 3 tablespoons olive oil good
- 0.5 cup small-diced onion red (1 small onion)

## Equipment

bowl

pot

## Directions

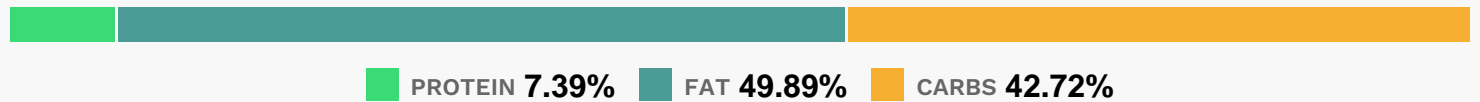
Watch how to make this recipe.

In a large pot of boiling salted water, cook the corn for 3 minutes until the starchiness is just gone.

Drain and immerse it in ice water to stop the cooking and to set the color. When the corn is cool, cut the kernels off the cob, cutting close to the cob.

Toss the kernels in a large bowl with the red onions, vinegar, olive oil, salt, and pepper. Just before serving, toss in the fresh basil. Taste for seasonings and serve cold or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:28.17, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:5.1491304247276%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 134.17kcal (6.71%), Fat: 8.04g (12.38%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 13.7g (4.98%), Sugar: 5.3g (5.89%), Cholesterol: 0mg (0%), Sodium: 206.2mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin K: 13.07µg (12.44%), Manganese: 0.2mg (10.14%), Folate: 35.42µg (8.86%), Vitamin B1: 0.12mg (8.22%), Vitamin C: 6.45mg (7.81%), Magnesium: 31.03mg (7.76%), Phosphorus: 72.6mg (7.26%), Vitamin E: 1.08mg (7.21%), Fiber: 1.8g (7.2%), Vitamin B3: 1.36mg (6.81%), Potassium: 235.67mg (6.73%), Vitamin B5: 0.56mg (5.61%), Vitamin A: 246.93IU (4.94%), Vitamin B6: 0.09mg (4.47%), Iron: 0.55mg (3.07%), Copper: 0.06mg (2.82%), Vitamin B2: 0.05mg (2.75%), Zinc: 0.39mg (2.6%)