



Fresh Corn Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



19 min.

SERVINGS



15

CALORIES



89 kcal

SIDE DISH

Ingredients

- 0.3 cup cider vinegar
- 5 large ears corn white
- 0.3 cup parsley fresh coarsely chopped
- 0.3 cup olive oil
- 0.5 teaspoon pepper
- 1 medium size bell pepper diced red
- 1 medium size onion diced red
- 0.5 teaspoon salt

0.3 cup sugar

Equipment

bowl

whisk

pot

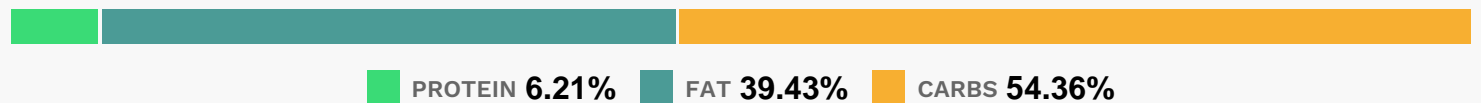
Directions

Cook corn in boiling salted water in a large stockpot 3 to 4 minutes; drain. Plunge corn into ice water to stop the cooking process; drain.

Cut kernels from cobs.

Whisk together 1/4 cup sugar and next 4 ingredients in a large bowl; add corn, onion, bell pepper, and parsley, tossing to coat. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:15.54, Glycemic Load:2.61, Inflammation Score:-4, Nutrition Score:4.1678260590719%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 88.52kcal (4.43%), Fat: 4.2g (6.46%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 11.64g (4.23%), Sugar: 6.98g (7.76%), Cholesterol: 0mg (0%), Sodium: 80.16mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin K: 19.25µg (18.33%), Vitamin C: 14.42mg (17.48%), Vitamin A: 333.92IU (6.68%), Manganese: 0.12mg (6.07%), Fiber: 1.39g (5.54%), Vitamin E: 0.69mg (4.59%), Vitamin B6: 0.08mg (4.1%), Phosphorus: 40.77mg (4.08%), Potassium: 134.34mg (3.84%), Vitamin B3: 0.74mg (3.72%), Magnesium: 14.49mg (3.62%), Folate: 14.31µg (3.58%), Vitamin B5: 0.33mg (3.29%), Vitamin B1: 0.04mg (2.89%), Iron: 0.36mg (2.01%), Vitamin B2: 0.03mg (1.82%), Zinc: 0.25mg (1.7%), Copper: 0.03mg (1.46%)