



Fresh Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup corn kernels cooked (2 ears)



2 tablespoons cilantro leaves fresh chopped



1 garlic clove minced



1 jalapeño finely chopped (include seeds f heat)



2 tablespoons juice of lime fresh



0.5 teaspoon salt



1 medium tomatoes diced seeded

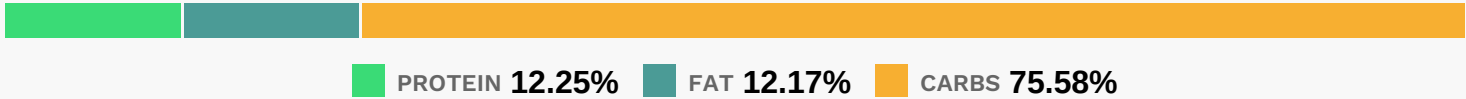
Equipment

bowl

Directions

Combine all ingredients in a medium bowl, and mix together. Cover and let stand about 15 minutes to allow flavors to develop.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:2.0678260896517%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 24.71kcal (1.24%), Fat: 0.39g (0.6%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 251.16mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Vitamin C: 7.71mg (9.34%), Vitamin A: 219.76IU (4.4%), Folate: 14.42µg (3.6%), Fiber: 0.89g (3.57%), Manganese: 0.07mg (3.36%), Potassium: 99.04mg (2.83%), Vitamin K: 2.5µg (2.38%), Vitamin B6: 0.04mg (2.23%), Vitamin B3: 0.44mg (2.19%), Phosphorus: 19.63mg (1.96%), Vitamin B2: 0.03mg (1.85%), Magnesium: 6.72mg (1.68%), Vitamin E: 0.23mg (1.56%), Vitamin B1: 0.02mg (1.4%), Vitamin B5: 0.13mg (1.33%), Copper: 0.03mg (1.27%)