



Fresh Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 cup corn kernels fresh cooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 jalapeño pepper finely chopped
- 0.3 cup onions red finely chopped
- 1.5 lb tomatoes chopped

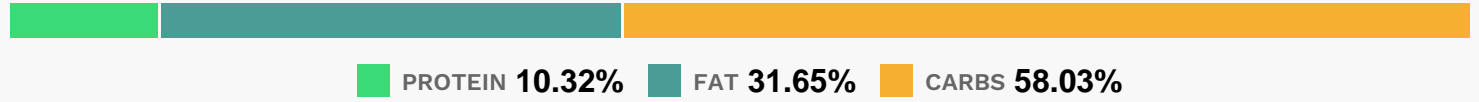
Equipment

- bowl

Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:2.528695670159%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 27.17kcal (1.36%), Fat: 1.05g (1.62%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 42.85mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Vitamin C: 7.16mg (8.67%), Vitamin A: 415.74IU (8.31%), Vitamin K: 6.75µg (6.43%), Manganese: 0.08mg (4.09%), Potassium: 143.06mg (4.09%), Fiber: 0.81g (3.23%), Folate: 11.55µg (2.89%), Vitamin B6: 0.05mg (2.58%), Vitamin E: 0.35mg (2.3%), Magnesium: 9.21mg (2.3%), Vitamin B1: 0.03mg (2.27%), Vitamin B3: 0.45mg (2.26%), Phosphorus: 21.08mg (2.11%), Copper: 0.04mg (1.76%), Vitamin B5: 0.12mg (1.15%), Iron: 0.2mg (1.11%)