



Fresh Corn Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup corn kernels fresh
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 cup olive oil
- ☐ 10 servings salt and pepper freshly ground to taste

Equipment

☐

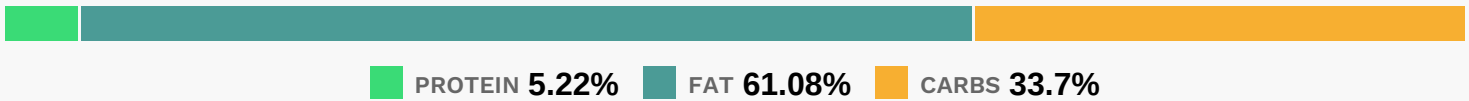
whisk

Directions

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Whisk together fresh corn kernels, olive oil, fresh lemon juice, minced garlic clove, balsamic vinegar, Creole mustard, and chopped fresh thyme. Season with salt and freshly ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:1.322173928437%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 43.65kcal (2.18%), Fat: 3.15g (4.84%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.5g (1.27%), Sugar: 1.56g (1.74%), Cholesterol: 0mg (0%), Sodium: 213.39mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 3.77mg (4.57%), Vitamin E: 0.44mg (2.93%), Manganese: 0.04mg (2.19%), Folate: 7.51µg (1.88%), Vitamin B1: 0.03mg (1.83%), Magnesium: 7.24mg (1.81%), Vitamin K: 1.8µg (1.72%), Phosphorus: 16.29mg (1.63%), Fiber: 0.41g (1.63%), Potassium: 53.76mg (1.54%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.12mg (1.19%), Vitamin B6: 0.02mg (1.09%), Iron: 0.18mg (1.03%)