



Fresh Tomato-and-Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup corn kernels fresh (1 ear)
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon olive oil
- ☐ 1 teaspoon pepper sauce hot
- ☐ 0.3 cup onion red chopped

- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups tomatoes chopped

Equipment

- ☐ bowl

Directions

- ☐ Steam corn, covered, 2 minutes, and cool.
- ☐ Combine corn and remaining ingredients in a large bowl.
- ☐ Note: The salsa can be made a day in advance. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:2.4760869553556%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 19.39kcal (0.97%), Fat: 0.47g (0.72%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 89.76mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin K: 11.62µg (11.07%), Vitamin C: 8.36mg (10.14%), Vitamin A: 311.68IU (6.23%), Potassium: 110.49mg (3.16%), Folate: 12.43µg (3.11%), Manganese: 0.06mg (3.02%), Fiber: 0.69g (2.74%), Vitamin B6: 0.04mg (2.05%), Magnesium: 8.01mg (2%), Vitamin B1: 0.03mg (1.98%), Phosphorus: 17.72mg (1.77%), Vitamin B3: 0.34mg (1.72%), Vitamin E: 0.23mg (1.5%), Copper: 0.03mg (1.37%), Iron: 0.24mg (1.31%), Vitamin B5: 0.11mg (1.1%)