



Golden Corn Salad with Fresh Basil



Vegetarian



Gluten Free

READY IN



71 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 6 cups arugula trimmed
- ☐ 0.5 cup torn basil leaves fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups tear-drop cherry tomatoes) assorted (pear-shaped halved
- ☐ 1 tablespoon dijon mustard
- ☐ 3 cups corn kernels fresh (4 ears)
- ☐ 2 ounces goat cheese sliced
- ☐ 0.5 teaspoon kosher salt

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 8 ounces potatoes red yellow
- ☐ 1.5 cups bell pepper red chopped
- ☐ 0.3 cup shallots minced
- ☐ 3 tablespoons balsamic vinegar white

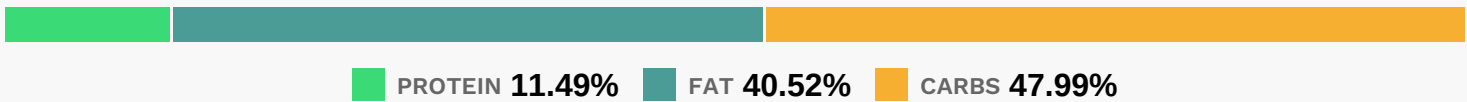
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place potatoes in a small saucepan; cover with water. Bring to a boil; cook 11 minutes or until tender.
- ☐ Drain and chill.
- ☐ Cut potatoes in half lengthwise.
- ☐ Combine potatoes, corn, tomatoes, and bell pepper in a large bowl.
- ☐ Combine shallots and next 4 ingredients (through black pepper) in a small bowl, stirring with a whisk. Slowly pour oil into shallot mixture, stirring constantly with a whisk.
- ☐ Drizzle over corn mixture; toss well.
- ☐ Add arugula; toss.
- ☐ Sprinkle with basil; top evenly with goat cheese.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:24.398695823939%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.49mg, Kaempferol: 10.49mg, Kaempferol: 10.49mg, Kaempferol: 10.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 323.39kcal (16.17%), Fat: 15.65g (24.07%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 35.66g (12.97%), Sugar: 15.5g (17.23%), Cholesterol: 6.52mg (2.17%), Sodium: 434.04mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Vitamin C: 107.02mg (129.72%), Vitamin A: 3341.6IU (66.83%), Vitamin K: 58.9µg (56.09%), Folate: 129.42µg (32.36%), Manganese: 0.63mg (31.71%), Potassium: 1025.43mg (29.3%), Vitamin B6: 0.53mg (26.75%), Fiber: 6.03g (24.11%), Phosphorus: 235.73mg (23.57%), Magnesium: 90.98mg (22.74%), Vitamin B1: 0.31mg (20.78%), Vitamin E: 3.09mg (20.62%), Vitamin B3: 3.75mg (18.76%), Copper: 0.36mg (17.95%), Iron: 2.93mg (16.25%), Vitamin B5: 1.5mg (15.01%), Vitamin B2: 0.23mg (13.46%), Calcium: 105.02mg (10.5%), Zinc: 1.32mg (8.81%), Selenium: 3.32µg (4.74%)