



# Green Bean, Corn, and Roasted Poblano Chile Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup cherry tomatoes halved
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 cups corn kernels fresh ( 2 ears)
- 2 cups green beans diagonally sliced (1-inch) ( )
- 3 tablespoons green onions thinly sliced
- 0.3 cup cumin-lime vinaigrette
- 1 poblano chile

2 cups pkt spinach chopped

## Equipment

baking sheet

aluminum foil

ziploc bags

## Directions

Place chile on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally.

Place in a zip-top plastic bag; seal.

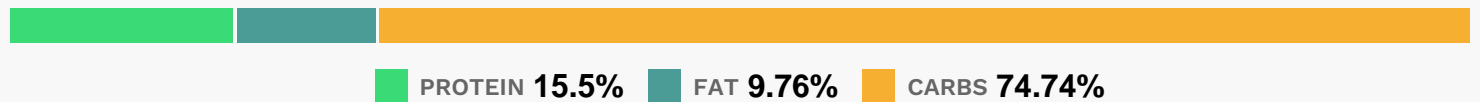
Let stand 15 minutes. Peel and cut in half lengthwise. Discard seeds and membranes; chop.

Steam green beans, covered, 5 minutes or until crisp-tender; drain. Rinse with cold water; drain well.

Combine chopped chile, beans, corn, chopped spinach, tomatoes, Cumin-Lime Vinaigrette, green onions, and fresh cilantro, tossing gently to coat.

Sprinkle with black pepper, if desired.

## Nutrition Facts



## Properties

Glycemic Index:30.67, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:11.785652279854%

## Flavonoids

Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

## Nutrients (% of daily need)

Calories: 66.26kcal (3.31%), Fat: 0.85g (1.31%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 11.74g (4.27%), Sugar: 5.52g (6.13%), Cholesterol: 0mg (0%), Sodium: 21.32mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin K: 73.03µg (69.55%), Vitamin C: 34.33mg (41.61%), Vitamin A: 1517.48IU (30.35%), Manganese: 0.3mg (15.19%), Folate: 59.44µg (14.86%), Fiber: 2.92g (11.67%), Potassium: 366.93mg (10.48%), Magnesium: 40.12mg (10.03%), Vitamin B6: 0.18mg (9.23%), Vitamin B1: 0.14mg (9.09%), Phosphorus: 74.9mg (7.49%), Vitamin B3: 1.45mg (7.26%), Iron: 1.22mg (6.75%), Vitamin B2: 0.1mg (5.78%), Copper: 0.1mg (5.12%), Vitamin B5: 0.5mg (5.02%), Vitamin E: 0.63mg (4.21%), Calcium: 33.16mg (3.32%), Zinc: 0.44mg (2.95%), Selenium: 0.77µg (1.11%)