



Greens with Roasted Corn and Pepper Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

Ingredients

- 1 cup corn kernels frozen thawed
- 0.5 cup green onions chopped
- 1 jalapeno seeded finely chopped
- 0.3 cup cup heavy whipping cream sour low-fat
- 3 tablespoons pinenuts toasted
- 5 ounces bottled roasted bell peppers red drained chopped
- 20 ounce italian-blend salad greens (12 cups)
- 1 teaspoon salt

3 tablespoons citrus champagne vinegar

Equipment

bowl

baking sheet

whisk

aluminum foil

broiler

Directions

Preheat broiler.

Place corn on a foil-lined baking sheet. Broil 12 minutes or until lightly browned, stirring once. Cool.

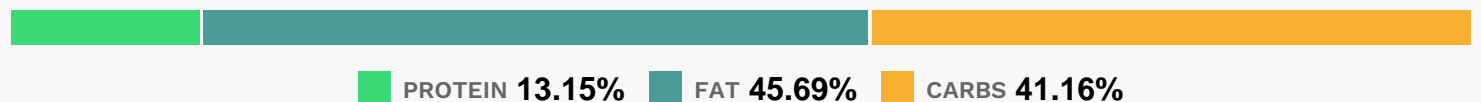
Combine corn, bell peppers, onions, and jalapeo pepper in a large bowl.

Combine sour cream, vinegar, and salt, stirring with a whisk.

Add sour cream mixture to corn mixture, tossing to coat; chill 1 hour.

Divide greens evenly among 8 plates; top each serving with about 1/3 cup corn mixture and about 1 teaspoon pine nuts.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:7.5152174639313%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 66.85kcal (3.34%), Fat: 3.7g (5.69%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 6.52g (2.37%), Sugar: 1.28g (1.42%), Cholesterol: 2.52mg (0.84%), Sodium: 601.25mg (26.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Vitamin C: 28.38mg (34.4%), Manganese: 0.5mg (25.05%), Vitamin A: 1012.33IU (20.25%), Vitamin K: 15.32µg (14.59%), Folate: 43.18µg (10.8%), Phosphorus: 70.5mg (7.05%), Potassium: 236.3mg (6.75%), Copper: 0.12mg (6.13%), Magnesium: 24.29mg (6.07%), Vitamin B6: 0.11mg (5.6%), Iron: 0.98mg (5.45%), Vitamin B2: 0.08mg (4.84%), Vitamin B3: 0.92mg (4.59%), Fiber: 0.97g (3.89%), Zinc: 0.55mg (3.69%), Vitamin B1: 0.05mg (3.6%), Calcium: 33.06mg (3.31%), Vitamin E: 0.49mg (3.25%), Vitamin B5: 0.19mg (1.86%), Selenium: 0.75µg (1.08%)