



Grilled Corn-and-Butter Bean Salad



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



10

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 16 oz shell beans frozen
- ☐ 4 ears corn fresh
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 1 cup grape tomatoes halved
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 large bell pepper red thick cut into rings

- ☐ 1 large onion red thick cut into slices
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon worcestershire sauce

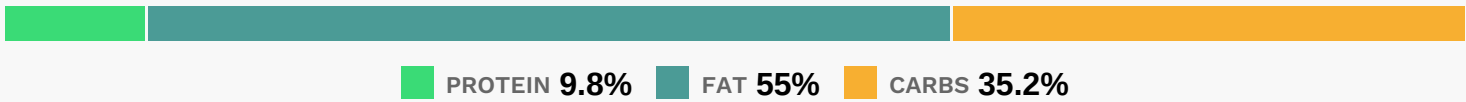
Equipment

- ☐ grill

Directions

- ☐ Cook butter beans according to package directions; drain and cool completely (about 20 minutes).
- ☐ Meanwhile, preheat grill to 350 to 400 (medium-high) heat. Grill corn, covered with grill lid, 15 minutes or until done, turning every 4 to 5 minutes. (Some kernels will begin to char and pop.) At the same time, grill onion and bell pepper, covered with grill lid, 5 minutes on each side or until tender. Cool all vegetables completely (about 20 minutes).
- ☐ Cut kernels from cobs. Discard cobs. Chop onion and bell pepper into 1/2-inch pieces.
- ☐ Stir together mayonnaise and next 5 ingredients. Stir in tomatoes, corn kernels, and onion and pepper pieces.
- ☐ Add salt to taste. Cover and chill 2 to 8 hours before serving. Store in refrigerator up to 3 days.
- ☐ *Fresh butter beans may be substituted.

Nutrition Facts



Properties

Glycemic Index:31.05, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:10.091739118099%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 210.01kcal (10.5%), Fat: 13.32g (20.5%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 14.54g (5.29%), Sugar: 5.28g (5.86%), Cholesterol: 7.06mg (2.35%), Sodium: 355.27mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin C: 26.57mg (32.21%), Vitamin K: 33.09µg (31.51%), Fiber: 4.65g (18.59%), Manganese: 0.37mg (18.44%), Folate: 65.96µg (16.49%), Vitamin A: 748.76IU (14.98%), Potassium: 426.11mg (12.17%), Vitamin B1: 0.15mg (10.08%), Phosphorus: 98.26mg (9.83%), Magnesium: 38.41mg (9.6%), Vitamin B6: 0.19mg (9.28%), Iron: 1.51mg (8.38%), Copper: 0.15mg (7.55%), Vitamin E: 1.01mg (6.71%), Vitamin B5: 0.56mg (5.62%), Vitamin B3: 1.1mg (5.51%), Zinc: 0.72mg (4.79%), Vitamin B2: 0.07mg (4.08%), Selenium: 2.77µg (3.95%), Calcium: 17.78mg (1.78%)