



Grilled Corn and Chipotle Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 chipotle peppers minced
- 8 ears corn fresh
- 3 tablespoons cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 2 tablespoons green onion sliced
- 1 teaspoon coarsely ground pepper black
- 1 juice of lime juiced
- 1.5 tablespoons kosher salt

- 0.3 cup olive oil extra-virgin
- 0.5 bell pepper diced red
- 0.5 onion red chopped

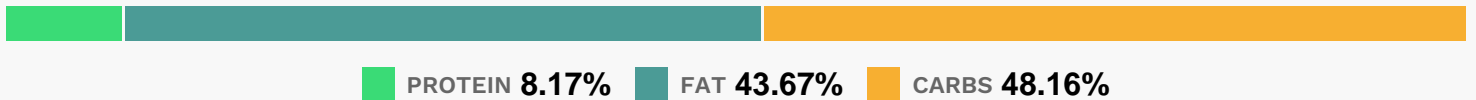
Equipment

- bowl
- knife
- grill
- cutting board

Directions

- Preheat the grill to medium.
- Arrange the corn on the grill and cook, turning frequently, until the corn is slightly charred, about 12 to 15 minutes
- Remove the corn from the grill to a cutting board and let cool.
- Cut the kernels from the cobs with a sharp knife and transfer to a serving bowl.
- Add all the remaining ingredients and toss to combine.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:8.8465217714724%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 201.44kcal (10.07%), Fat: 10.78g (16.59%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 23.14g (8.41%), Sugar: 9.43g (10.48%), Cholesterol: 0mg (0%), Sodium: 1765.87mg (76.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin C: 23.88mg (28.94%), Folate: 58.7µg (14.68%), Manganese: 0.29mg (14.64%), Fiber: 3.62g (14.48%), Vitamin B1: 0.2mg (13.41%), Magnesium: 48.31mg (12.08%), Phosphorus: 116.14mg (11.61%), Vitamin A: 572.95IU (11.46%), Vitamin B3: 2.26mg (11.32%), Vitamin K: 11.66µg (11.1%), Potassium: 380.95mg (10.88%), Vitamin E: 1.57mg (10.47%), Vitamin B5: 0.92mg (9.25%), Vitamin B6: 0.17mg (8.62%), Vitamin B2: 0.08mg (4.8%), Iron: 0.84mg (4.69%), Zinc: 0.63mg (4.19%), Copper: 0.08mg (4.16%), Selenium: 1µg (1.44%), Calcium: 12.54mg (1.25%)