



Grilled Corn and Edamame Succotash Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ears corn
- ☐ 1 cup edamame green frozen shelled (soybeans)
- ☐ 2 tablespoons basil fresh chopped to taste
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 jalapeno
- ☐ 3 tablespoons olive oil divided
- ☐ 1 bell pepper red stemmed seeded
- ☐ 1 tablespoon citrus champagne vinegar

☐ 0.5 onion yellow peeled

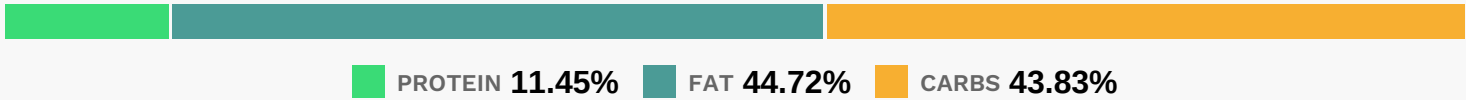
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Place corn, onion, red bell pepper, and jalapeno pepper on a baking sheet.
- ☐ Drizzle vegetables with 2 tablespoons olive oil; season with salt and pepper. Rub to evenly coat.
- ☐ Transfer vegetables to grill and cook, turning several times, until vegetables are tender and dark marks appear, 10 to 15 minutes. Set aside to cool.
- ☐ Bring a pot of water to a boil; cook edamame in the boiling water until tender, 10 to 15 minutes.
- ☐ Drain and cool.
- ☐ Whisk 1 tablespoon olive oil and vinegar together in a bowl.
- ☐ Dice red bell pepper, jalapeno pepper, and onion.
- ☐ Cut corn off the cob.
- ☐ Combine vegetables in a serving dish; add edamame. Toss vegetables and edamame with oil-vinegar mixture. Season with salt, pepper, and basil.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:6.0417390828547%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 125.13kcal (6.26%), Fat: 6.69g (10.29%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 12.37g (4.5%), Sugar: 5.01g (5.57%), Cholesterol: 0mg (0%), Sodium: 9.65mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin C: 25.55mg (30.97%), Vitamin A: 616.85IU (12.34%), Fiber: 2.39g (9.54%), Folate: 32.6µg (8.15%), Potassium: 284.73mg (8.14%), Vitamin E: 1.1mg (7.33%), Manganese: 0.14mg (6.91%), Vitamin B1: 0.1mg (6.62%), Vitamin K: 6.65µg (6.33%), Magnesium: 24.11mg (6.03%), Vitamin B3: 1.18mg (5.89%), Phosphorus: 56.97mg (5.7%), Vitamin B6: 0.11mg (5.61%), Iron: 0.94mg (5.21%), Vitamin B5: 0.47mg (4.67%), Vitamin B2: 0.05mg (2.78%), Zinc: 0.32mg (2.11%), Calcium: 20.7mg (2.07%), Copper: 0.04mg (1.99%)