



Grilled Corn and Red Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ears corn
- ☐ 2 green onions chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 bell peppers red halved seeded
- ☐ 0.3 teaspoon salt

Equipment

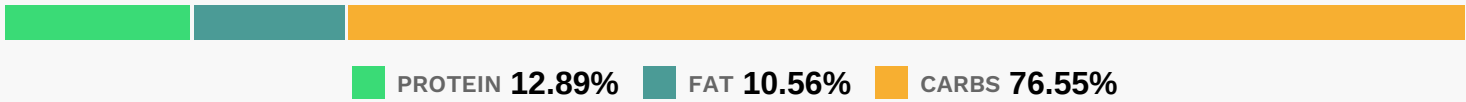
- ☐ bowl

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Coat corn and bell peppers with cooking spray.
- ☐ Place on a grill rack coated with cooking spray. Grill 6 minutes on each side or until slightly charred.
- ☐ Cut corn from cob; cut bell pepper into strips.
- ☐ Place in a bowl with green onions and remaining ingredients. Toss well.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:11.212173925794%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 58.28kcal (2.91%), Fat: 0.81g (1.24%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 10.79g (3.92%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 155.61mg (6.77%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin C: 82.6mg (100.12%), Vitamin A: 2011.35IU (40.23%), Vitamin K: 15.72µg (14.97%), Folate: 50.88µg (12.72%), Vitamin B6: 0.22mg (11.09%), Fiber: 2.37g (9.47%), Manganese: 0.17mg (8.36%), Potassium: 274.07mg (7.83%), Vitamin B1: 0.11mg (7.15%), Vitamin B3: 1.42mg (7.11%), Vitamin E: 1.02mg (6.82%), Magnesium: 25.81mg (6.45%), Phosphorus: 58.99mg (5.9%), Vitamin B5: 0.53mg (5.27%), Vitamin B2: 0.08mg (4.79%), Iron: 0.6mg (3.33%), Zinc: 0.39mg (2.58%), Copper: 0.04mg (2.16%), Calcium: 11.08mg (1.11%)