

Grilled Corn Pico de Gallo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ears corn
- 0.5 cup cilantro leaves fresh chopped
- 3 tablespoons juice of lime fresh
- 0.8 cup onion chopped
- 3 servings pepper black freshly ground
- 2 serrano chiles minced stemmed seeded
- 1.5 pounds tomatoes ripe seeded chopped

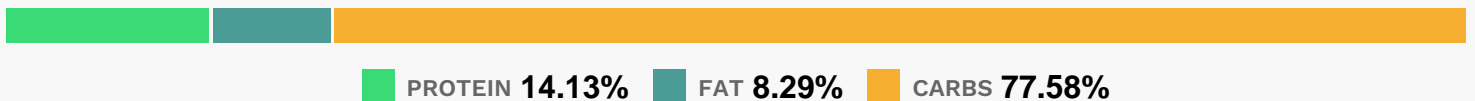
Equipment

- bowl
- knife
- grill
- grill pan

Directions

- Heat a dry grill pan over medium–high heat. Grill the corn, turning occasionally, until darkened in spots, about 10 minutes. Set aside until it is cool enough to handle.
- Using a sharp knife, carefully cut the kernels off the cobs and add them to a medium bowl.
- Mix in the tomatoes, onion, cilantro, lime juice, and serrano. Season with salt and pepper. Cover and chill for at least 30 minutes, until flavors blend. (The salsa can be made up to 4 hours ahead.)
- Reprinted with permission from Mexican Made Easy: Everyday Ingredients, Extraordinary Flavor by Marcela Valladolid, © 2011 Clarkson Potter a division of Random House, Inc. MARCELA VALLADOLID is the host of Discovery Travel and Living's Relatos con Sabor (Stories with Flavor), which airs in every Latin American country and on Discovery Familia in the United States. Raised in Tijuana, Mexico, she attended the Los Angeles Culinary Institute and later the Ritz–Escoffier Cooking School in Paris. A former recipe editor/tester at Bon Appétit magazine, she became widely known after appearing as a contestant on The Apprentice: Martha Stewart. She and her young son divide time between Tijuana and San Diego.

Nutrition Facts



Properties

Glycemic Index: 43, Glycemic Load: 3.16, Inflammation Score: -9, Nutrition Score: 12.660869520643%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg

Nutrients (% of daily need)

Calories: 88.52kcal (4.43%), Fat: 0.94g (1.45%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 15.55g (5.66%), Sugar: 9.97g (11.08%), Cholesterol: 0mg (0%), Sodium: 19.39mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin C: 43.09mg (52.23%), Vitamin A: 2171.59IU (43.43%), Vitamin K: 27.16µg (25.87%), Potassium: 721.88mg (20.63%), Manganese: 0.39mg (19.67%), Fiber: 4.31g (17.24%), Folate: 58.31µg (14.58%), Vitamin B6: 0.29mg (14.38%), Magnesium: 42.99mg (10.75%), Vitamin B1: 0.16mg (10.44%), Vitamin B3: 2.04mg (10.19%), Phosphorus: 97.87mg (9.79%), Vitamin E: 1.38mg (9.21%), Copper: 0.18mg (9.11%), Iron: 0.96mg (5.32%), Vitamin B5: 0.51mg (5.09%), Vitamin B2: 0.08mg (4.73%), Zinc: 0.63mg (4.19%), Calcium: 37.25mg (3.72%)