



Grilled Corn Poblano Salad with Chipotle Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 avocado cut into chunks



1 teaspoon chipotles in adobo canned finely chopped



3 tablespoons canola oil divided



0.3 cup cilantro leaves



3 ears corn



0.5 teaspoon kosher salt



1 tablespoon juice of lime

- ☐ 0.5 cup onion sweet dry rinsed
- ☐ 1 poblano pepper

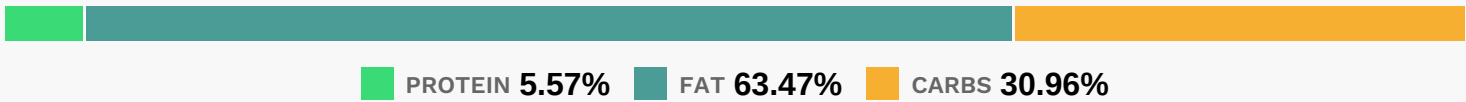
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to high (450 to 550). Rub corn and poblano with 1 tbsp. oil. Grill both, turning occasionally, until poblano is mostly blackened, 5 to 10 minutes, and some corn kernels have browned, 10 to 20 minutes.
- ☐ Let cool.
- ☐ Working with one at a time, stand corncobs in a large bowl and slice down the sides; the bowl corrals flying kernels. Peel and seed poblano, cut into 1/2-in. pieces, and add to corn. In a small bowl, whisk remaining 2 tbsp. oil with the lime juice, chipotle chile, and salt.
- ☐ Stir avocado, cilantro, and onion into corn mixture along with chipotle dressing.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:7.5778261500856%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 164.81kcal (8.24%), Fat: 12.58g (19.36%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 9.99g (3.63%), Sugar: 4.18g (4.65%), Cholesterol: 0mg (0%), Sodium: 204.38mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin C: 24.27mg (29.42%), Fiber: 3.82g (15.28%), Vitamin K: 15.76µg (15.01%), Vitamin E: 2.05mg (13.65%), Folate: 51.22µg (12.8%), Potassium: 344.59mg (9.85%), Vitamin B6: 0.19mg (9.52%), Vitamin B5: 0.83mg (8.31%), Manganese: 0.17mg (8.31%), Magnesium: 30.06mg (7.52%), Vitamin B3: 1.5mg (7.51%), Vitamin B1: 0.11mg (7.38%), Phosphorus: 65.97mg (6.6%), Copper: 0.11mg (5.43%), Vitamin A: 252.99IU (5.06%), Vitamin B2: 0.08mg (4.64%), Zinc: 0.48mg (3.17%), Iron: 0.55mg (3.05%), Calcium: 10.89mg (1.09%)