

Grilled Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ears corn
- ☐ 1 cup parsley leaves fresh
- ☐ 1 juice of lime juiced
- ☐ 1 cup greens mixed
- ☐ 2 tablespoons olive oil plus more for brushing
- ☐ 0.3 cup onion diced red finely
- ☐ 0.5 teaspoon salt

☐ 1 tomatoes diced seeded

Equipment

☐ bowl

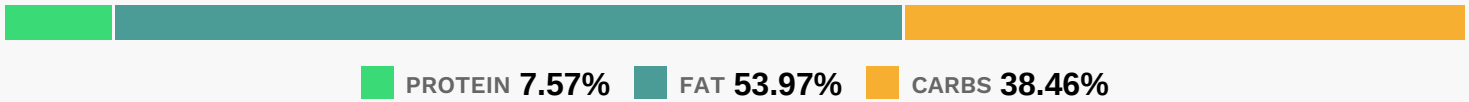
☐ grill

Directions

☐ Brush corn with a little oil and place it on the grill for 10 minutes. Once corn is cooked and slightly cooled, cut kernels off and place into a medium bowl.

☐ Add diced tomato, diced red onion, mixed greens, parsley, lime juice, 2 tablespoons olive oil, and season with salt and freshly ground black pepper. Toss to mix well.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:20.026087030121%

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: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 64.65mg, Apigenin: 64.65mg, Apigenin: 64.65mg, Apigenin: 64.65mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 4.54mg, Myricetin: 4.54mg, Myricetin: 4.54mg, Myricetin: 4.54mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 238.61kcal (11.93%), Fat: 15.63g (24.04%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 21.07g (7.66%), Sugar: 8.61g (9.57%), Cholesterol: 0mg (0%), Sodium: 621.38mg (27.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Vitamin K: 506.14µg (482.03%), Vitamin C: 65.07mg (78.87%), Vitamin A: 3444.26IU (68.89%), Folate: 105.37µg (26.34%), Potassium: 639.69mg (18.28%), Vitamin E: 2.68mg (17.84%), Manganese: 0.36mg (17.8%), Fiber: 3.99g (15.96%), Iron: 2.78mg (15.46%), Magnesium: 60.91mg (15.23%), Vitamin B1: 0.21mg (13.82%), Phosphorus: 128.35mg (12.84%), Vitamin B3: 2.51mg (12.54%), Vitamin B6: 0.21mg (10.32%), Vitamin B5: 0.89mg (8.91%), Copper: 0.16mg (7.76%), Vitamin B2: 0.11mg (6.39%), Zinc: 0.93mg (6.21%), Calcium: 60.26mg (6.03%), Selenium: 0.78µg (1.11%)