



Grilled Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



406 kcal

SIDE DISH

Ingredients

- ☐ 2 cups arugula packed
- ☐ 2 tablespoons canola oil
- ☐ 2 cups cherry tomatoes halved
- ☐ 6 ears corn fresh with silks removed husked
- ☐ 1 juice of lemon juiced
- ☐ 4 tablespoons olive oil
- ☐ 3.8 tablespoons onion powder
- ☐ 1.5 cups paprika

- ☐ 1 small bell pepper red finely chopped
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 4 scallions finely chopped
- ☐ 0.8 cup sugar

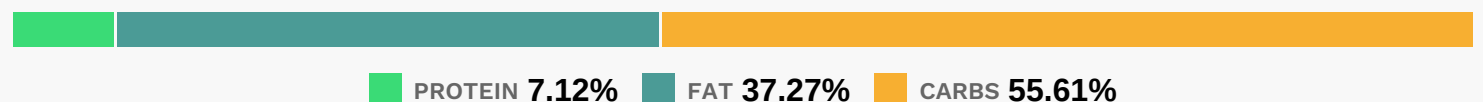
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ grill
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill or broiler to medium heat.
- ☐ Rub corn with 2 tablespoons of canola oil and season with salt and pepper. Grill or broil corn for 7 minutes or until ears are lightly browned.
- ☐ Remove from grill and allow to cool.
- ☐ Remove the kernels from the cob and place in a large mixing bowl along with the cherry tomatoes, red pepper, scallions, and arugula.
- ☐ In a small bowl, prepare dressing by whisking together lemon juice, olive oil, salt, pepper and Neelys Barbeque Seasoning, to taste.
- ☐ Toss the salad with the dressing and serve at room temperature.
- ☐ Add all ingredients to a bowl and stir until combined. Keep in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:18.56, Inflammation Score:-10, Nutrition Score:28.770000084587%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 406.19kcal (20.31%), Fat: 18.99g (29.21%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 63.74g (21.25%), Net Carbohydrates: 50.89g (18.51%), Sugar: 35.87g (39.86%), Cholesterol: 0mg (0%), Sodium: 238.39mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.31%), Vitamin A: 14334.71IU (286.69%), Vitamin E: 10.65mg (70.98%), Vitamin K: 57.06µg (54.34%), Fiber: 12.85g (51.4%), Vitamin C: 38.94mg (47.2%), Iron: 7.03mg (39.07%), Vitamin B6: 0.78mg (39.03%), Manganese: 0.75mg (37.39%), Potassium: 1089.78mg (31.14%), Vitamin B2: 0.42mg (24.96%), Magnesium: 97.46mg (24.37%), Vitamin B3: 4.78mg (23.88%), Phosphorus: 203.07mg (20.31%), Folate: 78.56µg (19.64%), Vitamin B1: 0.28mg (18.79%), Copper: 0.32mg (16.1%), Vitamin B5: 1.5mg (15.01%), Zinc: 1.93mg (12.87%), Calcium: 104.39mg (10.44%), Selenium: 3.36µg (4.79%)