



Grilled Corn Salad with Cilantro-Jalapeño Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons butter melted
- 4 servings cilantro-jalapeño vinaigrette
- 4 ears corn fresh
- 2 tablespoons ginger fresh minced
- 1 bell pepper diced red
- 1 small onion diced red

- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

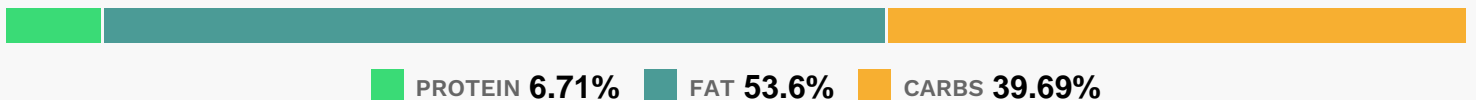
Equipment

- grill

Directions

- Combine butter, salt, and black pepper; brush mixture on corn.
- Grill corn, covered with grill lid, over high heat (400 to 500), turning often, 15 to 20 minutes or until tender.
- Remove from grill and let stand 5 minutes.
- Cut kernels from cobs.
- Saut ginger in 1 tablespoon hot oil over medium heat 1 minute.
- Add onion; saut 3 minutes.
- Add red pepper, and saut 2 minutes or until onion is tender.
- Remove from heat; stir in corn. Toss with Cilantro–Jalapeo Vinaigrette, let cool, and serve.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:10.25478254453%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 205.63kcal (10.28%), Fat: 13.29g (20.45%), Saturated Fat: 6.25g (39.06%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 19.05g (6.93%), Sugar: 8.22g (9.13%), Cholesterol: 22.58mg (7.53%), Sodium: 229.23mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin C: 49.38mg (59.85%), Vitamin

A: 1391.04IU (27.82%), Folate: 58.13µg (14.53%), Manganese: 0.26mg (12.91%), Fiber: 3.1g (12.38%), Vitamin B1: 0.17mg (11.39%), Vitamin B6: 0.22mg (11.02%), Potassium: 372.52mg (10.64%), Magnesium: 42.14mg (10.54%), Phosphorus: 100.57mg (10.06%), Vitamin B3: 1.98mg (9.91%), Vitamin K: 9.7µg (9.24%), Vitamin B5: 0.8mg (8.03%), Vitamin E: 1.16mg (7.74%), Vitamin B2: 0.09mg (5.25%), Iron: 0.71mg (3.94%), Copper: 0.08mg (3.84%), Zinc: 0.56mg (3.76%), Calcium: 14.78mg (1.48%), Selenium: 0.86µg (1.23%)