



Grilled Corn Salad with Lime, Red Chili and Cotija

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

Ingredients

- 1 tablespoons ancho chili powder
- 8 servings canola oil
- 0.3 cup cotija cheese grated
- 0.3 cup crème fraîche
- 8 ears corn fresh cold
- 0.3 cup cilantro leaves fresh chopped
- 2 juice of lime juiced

8 servings salt and pepper black freshly ground

Equipment

frying pan

knife

grill

Directions

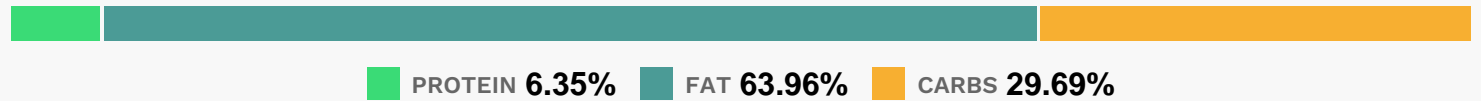
Watch how to make this recipe.

Heat grill to high. Grill corn until charred on all sides, 10 or so minutes. Take off the grill and remove the kernels with a sharp knife. While you are cutting the corn, put a cast iron skillet on the grill to heat.

Add the corn and the remaining ingredients to the hot pan and cook, stirring occasionally, until creamy and heated through.

Serve with the steak.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:7.3647826028907%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 232.87kcal (11.64%), Fat: 17.77g (27.34%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 16.34g (5.94%), Sugar: 6.08g (6.76%), Cholesterol: 8.41mg (2.8%), Sodium: 85.97mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin E: 2.96mg (19.73%), Vitamin K: 13.26µg (12.63%), Vitamin A: 567.4IU (11.35%), Phosphorus: 105.81mg (10.58%), Vitamin C: 8.58mg (10.4%), Folate: 41.09µg (10.27%), Vitamin B1: 0.15mg (10.2%), Magnesium: 37.3mg (9.33%), Manganese: 0.18mg (9.1%), Vitamin B3: 1.78mg (8.9%), Fiber: 2.22g (8.87%), Potassium: 287.1mg (8.2%), Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.11mg (6.63%),

Vitamin B6: 0.13mg (6.57%), Zinc: 0.63mg (4.17%), Iron: 0.7mg (3.9%), Calcium: 37.3mg (3.73%), Copper: 0.07mg (3.29%), Selenium: 1.73µg (2.47%), Vitamin B12: 0.09µg (1.57%)