

Grilled Corn Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

25

CALORIES

calories

70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados
- ☐ 30 oz black beans rinsed drained canned
- ☐ 3 ears corn fresh
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 jalapeño peppers minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 3 medium tomatoes seeded chopped

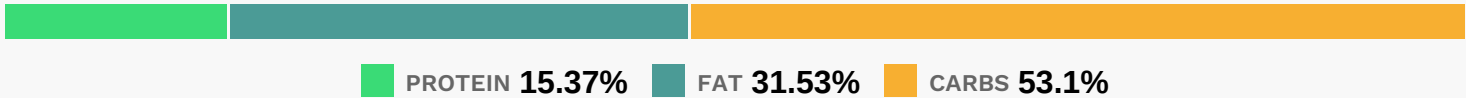
Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Preheat grill to 350 to 400 (medium-high). Lightly coat corn cobs with cooking spray.
- ☐ Sprinkle with salt and pepper.
- ☐ Grill corn, covered with grill lid, 15 to 20 minutes or until golden brown, turning every 5 minutes.
- ☐ Remove from grill; cool 15 minutes.
- ☐ Hold each grilled cob upright on a cutting board; carefully cut downward, cutting kernels from cob. Discard cobs; place kernels in a large bowl. Gently stir in tomatoes and next 5 ingredients. Cover and chill until ready to serve, if desired.
- ☐ If chilled, let corn mixture stand at room temperature 30 minutes. Peel and chop avocados; toss with corn mixture just before serving.
- ☐ Serve with tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:4.9573913164761%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg

0.33mg, Hesperetin: 0.33mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg
Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg,
Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:
0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg,
Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 70.25kcal (3.51%), Fat: 2.65g (4.08%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 10.05g (3.35%), Net
Carbohydrates: 6.13g (2.23%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 227.59mg (9.9%), Alcohol: 0g
(0%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Fiber: 3.92g (15.67%), Folate: 41.91µg (10.48%), Vitamin C:
7.84mg (9.5%), Manganese: 0.15mg (7.51%), Potassium: 258.79mg (7.39%), Vitamin K: 6.36µg (6.05%), Phosphorus:
59.59mg (5.96%), Magnesium: 23.13mg (5.78%), Copper: 0.11mg (5.74%), Vitamin B1: 0.08mg (5.5%), Iron: 0.87mg
(4.83%), Vitamin A: 231.27IU (4.63%), Vitamin B6: 0.09mg (4.46%), Vitamin B2: 0.07mg (4.33%), Vitamin B3: 0.8mg
(4.01%), Vitamin B5: 0.39mg (3.89%), Vitamin E: 0.48mg (3.2%), Zinc: 0.37mg (2.49%), Calcium: 17.64mg (1.76%)