

Grilled Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apple cider vinegar white
- 8 medium ears corn sweet
- 12 basil fresh chopped
- 12 basil fresh chopped
- 1 teaspoon garlic powder
- 0.5 cup olive oil
- 1 teaspoon oregano dried
- 1 medium bell pepper sweet red cut into four wedges

- 1 medium onion red cut into 1/2-inch rings
- 1 teaspoon salt
- 1 medium tomatoes seeded chopped
- 2 small to 3 sized squashes yellow cut into 1/2-inch slices

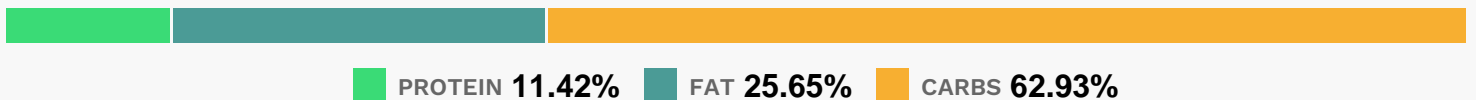
Equipment

- bowl
- paper towels
- whisk
- grill
- slotted spoon
- tongs

Directions

- Fill a soup kettle two-thirds full with water; bring to a boil.
- Add corn. Reduce heat; cover and simmer for 5 minutes or until crisp-tender.
- Remove corn; cool slightly.
- Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill the corn, squash, red pepper and onion, covered, over medium heat for 8-10 minutes or until lightly browned, turning occasionally.
- Cut corn from cobs; cut the squash, red pepper and onion into bite-size pieces.
- Place vegetables in a large bowl; add tomato.
- In a small bowl, whisk the vinaigrette ingredients.
- Pour over vegetables; toss to coat. Cover and refrigerate until chilled.
- Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:2.6543478589991%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 35.39kcal (1.77%), Fat: 1.13g (1.74%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 5.38g (1.95%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 82.5mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin C: 9.16mg (11.1%), Vitamin A: 243.03IU (4.86%), Manganese: 0.09mg (4.34%), Folate: 17.26µg (4.32%), Potassium: 122.43mg (3.5%), Fiber: 0.87g (3.47%), Vitamin B1: 0.05mg (3.46%), Magnesium: 13.29mg (3.32%), Vitamin B6: 0.06mg (3.23%), Phosphorus: 31.18mg (3.12%), Vitamin B3: 0.59mg (2.97%), Vitamin K: 3.03µg (2.88%), Vitamin B5: 0.23mg (2.3%), Vitamin B2: 0.03mg (1.88%), Vitamin E: 0.23mg (1.55%), Iron: 0.26mg (1.42%), Copper: 0.03mg (1.28%), Zinc: 0.18mg (1.2%)