



Grilled Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup anaheim chiles cored seeded cut into ¼-inch dice
- ☐ 0.3 cup cilantro leaves minced
- ☐ 3 ears of corn
- ☐ 0.3 juice of lime
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoon vegetable oil

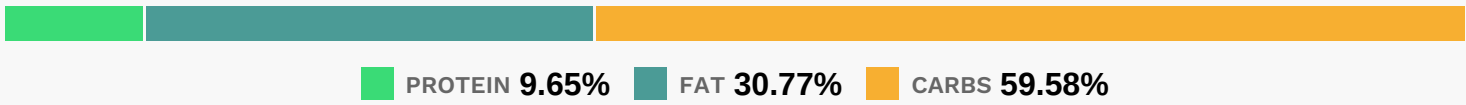
Equipment

- ☐ grill

Directions

- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat.Husk corn and remove silk.
- ☐ Brush corn and onion slices with oil.Grill corn and onions (taking care to keep rounds intact)4 to 6 inches from medium-hot heat 3 minutes.
- ☐ Remove onions from grill when they are charred a bit, but still crisp; set aside. Turn corn. Cover the grill about 15 minutes longer, turning often, until tender and charred.
- ☐ Remove corn from grill; cool 20 minutes.
- ☐ Cut corn from ears.
- ☐ Cut onions into ¼-inch dice.
- ☐ Mix corn, onions and remaining ingredients. Set aside at least 30 minutes and up to over night before serving.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.6200000073599%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 55.09kcal (2.75%), Fat: 2.11g (3.25%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 7.95g (2.89%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 136.8mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin C: 4.8mg (5.82%), Fiber: 1.25g (5%), Folate: 19.44µg (4.86%), Vitamin K: 4.97µg (4.73%), Vitamin B1: 0.07mg (4.7%), Magnesium: 16.93mg (4.23%), Phosphorus: 40.54mg (4.05%), Vitamin B3: 0.81mg (4.03%), Manganese: 0.08mg (3.83%), Potassium: 126.46mg (3.61%), Vitamin B5: 0.33mg (3.28%), Vitamin A: 129.76IU (2.6%), Vitamin B6: 0.04mg (2.17%), Vitamin B2: 0.03mg (1.53%), Zinc: 0.21mg (1.41%), Iron: 0.25mg (1.38%), Copper: 0.03mg (1.31%), Vitamin E: 0.17mg (1.16%)