

 food network

Grilled Corn Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1 Handful cilantro leaves fresh roughly chopped
- ☐ 4 ears corn fresh
- ☐ 1 juice of lime juiced
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 0.5 cup queso fresco crumbled
- ☐ 0.5 cabbage red sliced

Equipment

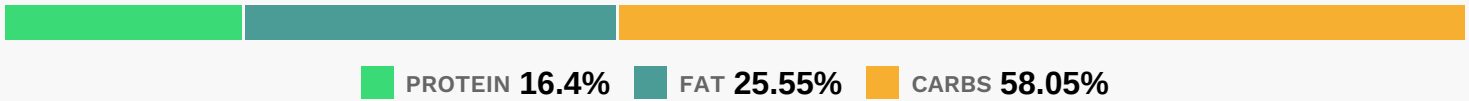
- ☐ bowl

- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium heat.
- ☐ Grill the corn on the hot grill pan, turning periodically, until cooked and grill marks are all around the corn. Set aside to cool.
- ☐ In a large bowl, toss the cabbage with the lime juice; season with salt and pepper, to taste, and set aside.
- ☐ Once the corn has cooled, cut the kernels off the cob and add it to the bowl with the cabbage. Taste for seasoning and adjust, if necessary.
- ☐ Add the crumbled queso fresco and cilantro leaves and stir to combine.
- ☐ Serve as a side dish or use as a taco topping.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:15.550869449325%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg 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 Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 157.61kcal (7.88%), Fat: 5.02g (7.73%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 21.62g (7.86%), Sugar: 10.14g (11.27%), Cholesterol: 10.52mg (3.51%), Sodium: 350.74mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.51%), Vitamin C: 68.42mg (82.93%), Vitamin K: 43.63µg (41.55%), Vitamin A: 1532.85IU (30.66%), Manganese: 0.41mg (20.49%), Phosphorus: 171.8mg (17.18%),

Fiber: 4.06g (16.24%), Vitamin B6: 0.32mg (15.94%), Potassium: 531.54mg (15.19%), Folate: 59.12µg (14.78%), Vitamin B1: 0.22mg (14.37%), Calcium: 137.15mg (13.71%), Magnesium: 54.6mg (13.65%), Vitamin B3: 2.06mg (10.29%), Vitamin B2: 0.15mg (8.88%), Vitamin B5: 0.87mg (8.69%), Iron: 1.36mg (7.58%), Zinc: 1.05mg (7%), Selenium: 4.13µg (5.9%), Vitamin B12: 0.26µg (4.27%), Copper: 0.08mg (3.79%), Vitamin D: 0.41µg (2.74%), Vitamin E: 0.28mg (1.84%)