

Grilled Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ears corn fresh
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 1 small garlic clove quartered
- ☐ 2 tablespoons juice of lime fresh
- ☐ 30 servings fried pork rinds
- ☐ 1.5 teaspoons salt
- ☐ 1 small onion sweet cut into 1/4-inch-thick slices
- ☐ 2 lb tomatoes halved

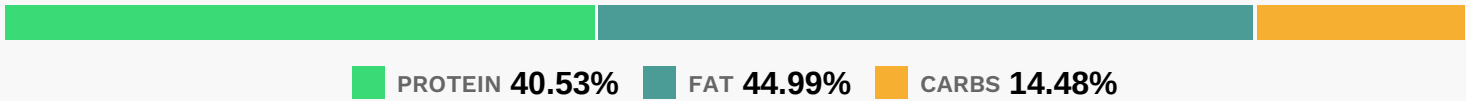
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Coat corn, jalapeo pepper, onion, and cut sides of tomatoes lightly with cooking spray. Grill corn and onion, covered with grill lid, 15 minutes or until golden brown, turning occasionally. At the same time, grill tomatoes and jalapeo pepper, covered with grill lid, 8 minutes or until grill marks appear, turning occasionally.
- ☐ Remove all from grill, and cool 15 minutes.
- ☐ Cut corn kernels from cobs; discard cobs. Coarsely chop onion.
- ☐ Pulse garlic and next 2 ingredients in a food processor until finely chopped.
- ☐ Add grilled tomatoes, onion, and jalapeo pepper to food processor, in batches, and pulse each batch until well blended.
- ☐ Transfer to a large bowl. Stir in salt and corn.
- ☐ Serve with pork rinds.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:1.814347817846%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 90.72kcal (4.54%), Fat: 4.49g (6.91%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.74g (1.94%), Cholesterol: 13.3mg (4.43%), Sodium: 376.99mg (16.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin C: 5.53mg (6.7%), Vitamin A: 279.73IU (5.59%), Potassium: 103.29mg (2.95%), Manganese: 0.06mg (2.77%), Vitamin K: 2.86µg (2.72%), Folate: 9.78µg (2.44%), Fiber: 0.59g (2.37%), Vitamin B6: 0.05mg (2.3%), Vitamin B1: 0.03mg (1.7%), Magnesium: 6.68mg (1.67%), Phosphorus: 15.93mg (1.59%), Vitamin B3: 0.3mg (1.52%), Iron: 0.27mg (1.52%), Copper: 0.03mg (1.41%), Vitamin E: 0.18mg (1.17%)