



Grilled Vegetable Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ears corn husked cleaned
- 2 medium zucchini
- 1 medium bell pepper red cut into 8 pieces
- 1 medium onion red separated cut into wedges,
- 2 jalapeno seeded cut in half,
- 2 tablespoons vegetable oil
- 6 roma tomatoes seeded (plum)
- 2 teaspoons lime zest grated

- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon salt
- 1 serving tortilla chips

Equipment

- bowl
- grill
- wok

Directions

- Heat coals or gas grill for direct heat. In large bowl, toss corn, zucchini, bell pepper, onion and chiles with oil.
- Place in grill basket (grill "wok").
- Cover and grill vegetables over medium heat 25 to 30 minutes, shaking basket or stirring occasionally, until vegetables are tender.
- Add tomatoes to basket; cover and grill 1 to 2 minutes longer or until tomatoes are hot.
- Remove basket from grill; cool vegetables 15 minutes.
- Cut corn off cobs (about 1 cup kernels); chop all remaining vegetables into small pieces. In large bowl, mix vegetables, lime peel, cilantro and salt.
- Serve immediately, or cover and refrigerate up to 24 hours.
- Serve with tortilla chips. Store covered in refrigerator.

Nutrition Facts



PROTEIN 9.15% **FAT 42.1%** **CARBS 48.75%**

Properties

Glycemic Index:8.67, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:2.7752174184374%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin:

0.05mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 31.06kcal (1.55%), Fat: 1.58g (2.44%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.34g (1.22%), Sugar: 1.75g (1.94%), Cholesterol: 0mg (0%), Sodium: 104.36mg (4.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Vitamin C: 13.68mg (16.59%), Vitamin A: 346.09IU (6.92%), Vitamin K: 4.86µg (4.63%), Vitamin B6: 0.07mg (3.65%), Manganese: 0.07mg (3.59%), Potassium: 122.15mg (3.49%), Folate: 13.04µg (3.26%), Fiber: 0.78g (3.13%), Vitamin E: 0.36mg (2.43%), Magnesium: 9.65mg (2.41%), Phosphorus: 22.19mg (2.22%), Vitamin B1: 0.03mg (2.11%), Vitamin B3: 0.38mg (1.89%), Vitamin B2: 0.03mg (1.74%), Vitamin B5: 0.14mg (1.4%), Copper: 0.03mg (1.32%), Iron: 0.2mg (1.09%), Zinc: 0.15mg (1.01%)