



Grilled Vegetable Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ears corn husked cleaned
- 2 tablespoons cilantro leaves fresh chopped
- 2 jalapeno seeded cut in half,
- 2 teaspoons lime zest grated
- 1 medium bell pepper red cut into 8 pieces
- 1 medium onion red separated cut into wedges,
- 6 roma tomatoes seeded (plum)
- 1 teaspoon salt

- 24 servings tortilla chips
- 2 tablespoons vegetable oil
- 2 medium zucchini

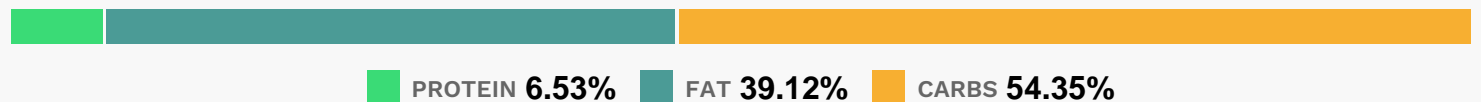
Equipment

- 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



Properties

Glycemic Index:8.67, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:5.0469565443371%

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: 157.71kcal (7.89%), Fat: 7.14g (10.98%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.09g (7.3%), Sugar: 1.96g (2.18%), Cholesterol: 0mg (0%), Sodium: 192.38mg (8.36%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin C: 13.68mg (16.59%), Vitamin K: 10.47µg (9.97%), Fiber: 2.23g (8.93%), Vitamin E: 1.31mg (8.75%), Phosphorus: 82.57mg (8.26%), Magnesium: 32.19mg (8.05%), Vitamin A: 346.89IU (6.94%), Vitamin B6: 0.12mg (6.05%), Potassium: 170.99mg (4.89%), Vitamin B1: 0.07mg (4.62%), Vitamin B5: 0.46mg (4.58%), Folate: 16.26µg (4.06%), Manganese: 0.07mg (3.59%), Calcium: 35.67mg (3.57%), Zinc: 0.52mg (3.48%), Iron: 0.6mg (3.35%), Vitamin B3: 0.6mg (3.01%), Vitamin B2: 0.05mg (2.85%), Copper: 0.05mg (2.62%), Selenium: 1.34µg (1.92%)