



Indian Summer Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby spinach leaves rinsed
- ☐ 0.5 teaspoon basil dried
- ☐ 3 cups corn kernels fresh frozen thawed cooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic minced pressed
- ☐ 0.5 lb bell pepper green stemmed seeded chopped
- ☐ 0.5 teaspoon coarse-ground pepper
- ☐ 0.3 cup red wine vinegar

- ☐ 1 tablespoon salad oil
- ☐ 6 servings salt
- ☐ 1 cup onion sweet rinsed drained chopped (such as Maui or Walla Walla)
- ☐ 2 firm-ripe tomatoes cored rinsed chopped

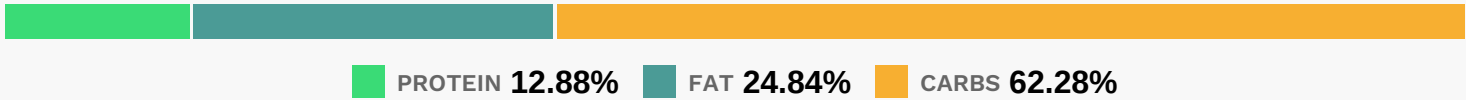
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix vinegar, oil, pepper, basil, and garlic.
- ☐ Add corn, tomatoes, onion, bell pepper, and parsley.
- ☐ Mix well. If desired, cover and chill up to 4 hours.
- ☐ Add salt to taste.
- ☐ Line a wide bowl with spinach.
- ☐ Pour corn salad into bowl; mix.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:18.676521824754%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 116.75kcal (5.84%), Fat: 3.61g (5.56%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 16.78g (6.1%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 234.97mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Vitamin K: 156.67µg (149.21%), Vitamin A: 3476.89IU (69.54%),

Vitamin C: 51.03mg (61.86%), Manganese: 0.55mg (27.3%), Folate: 105.43µg (26.36%), Potassium: 572.01mg (16.34%), Magnesium: 62.79mg (15.7%), Fiber: 3.59g (14.35%), Vitamin B6: 0.29mg (14.34%), Vitamin B1: 0.19mg (12.34%), Phosphorus: 106.2mg (10.62%), Vitamin B3: 1.98mg (9.89%), Vitamin E: 1.46mg (9.75%), Iron: 1.66mg (9.2%), Copper: 0.15mg (7.52%), Vitamin B2: 0.12mg (7.25%), Vitamin B5: 0.65mg (6.49%), Calcium: 49.04mg (4.9%), Zinc: 0.67mg (4.44%), Selenium: 0.96µg (1.37%)