



Jalapeño-Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup whole-kernel corn frozen
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 2 teaspoons olive oil

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup tomatoes chopped

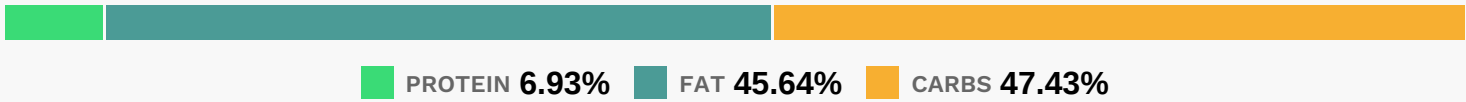
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ Place corn in a colander, and rinse with cold water until thawed; drain.
- ☐ Combine all ingredients in a bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:2.5060869558998%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 41.13kcal (2.06%), Fat: 2.34g (3.6%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.68g (1.7%), Sugar: 1.58g (1.76%), Cholesterol: 0mg (0%), Sodium: 189.23mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin C: 11.04mg (13.38%), Vitamin K: 6.01µg (5.73%), Manganese: 0.09mg (4.5%), Vitamin A: 201.98IU (4.04%), Vitamin E: 0.55mg (3.65%), Fiber: 0.78g (3.14%), Folate: 12.14µg (3.03%), Vitamin B6: 0.06mg (2.82%), Potassium: 90.68mg (2.59%), Phosphorus: 18.29mg (1.83%), Vitamin B3: 0.36mg (1.78%), Vitamin B2: 0.03mg (1.68%), Magnesium: 6.73mg (1.68%), Iron: 0.25mg (1.41%), Vitamin B1: 0.02mg (1.39%), Copper: 0.03mg (1.38%), Vitamin B5: 0.13mg (1.27%)