



Kim's Summer Corn Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



221 kcal

SIDE DISH

Ingredients



1 cucumber diced



1 cup mayonnaise



15 ounce peas sweet drained canned



3 tablespoons pimentos



1 purple onion diced



12 servings salt and pepper to taste



2 tomatoes chopped



15.3 ounce regular corn white drained canned

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15.3 ounce kernel corn whole drained canned

Equipment

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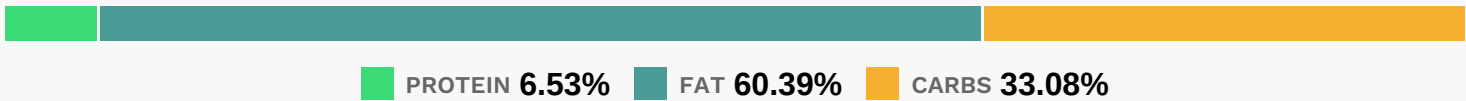
bowl

Directions

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In a large bowl, mix the corn, white corn, tomatoes, sweet peas, cucumber, onion, and pimentos. Fold in the mayonnaise. Season with salt and pepper. Cover, and chill at least 1 hour in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:7.8208694924479%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 220.5kcal (11.03%), Fat: 15.26g (23.48%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 16g (5.82%), Sugar: 5.42g (6.03%), Cholesterol: 7.84mg (2.61%), Sodium: 440.22mg (19.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Vitamin K: 41.74µg (39.76%), Vitamin A: 843.19IU (16.86%), Vitamin C: 13.8mg (16.72%), Manganese: 0.23mg (11.54%), Fiber: 2.81g (11.22%), Folate: 35.67µg (8.92%), Phosphorus: 87.78mg (8.78%), Potassium: 277.12mg (7.92%), Magnesium: 28.49mg (7.12%), Vitamin B3: 1.4mg (7.02%), Vitamin B6: 0.12mg (6.01%), Vitamin B1: 0.09mg (5.82%), Iron: 0.98mg (5.46%), Vitamin E: 0.8mg (5.36%), Copper: 0.11mg (5.31%), Zinc: 0.68mg (4.54%), Vitamin B5: 0.42mg (4.24%), Vitamin B2: 0.05mg (3.05%), Calcium: 18.06mg (1.81%), Selenium: 1.26µg (1.8%)