



Lemon-Lime, Corn, and Jalapeño Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon kosher salt ()
- ☐ 1 cup ears corn fresh (cut from 2 small ears)
- ☐ 4 jalapeno seeded finely chopped (scant)
- ☐ 1 optional: lemon
- ☐ 2 lime
- ☐ 0.8 cup olive oil extra virgin extra-virgin

Equipment

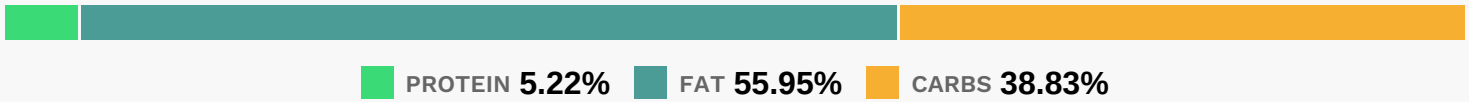
- ☐ bowl

☐ peeler

Directions

- ☐ Using vegetable peeler, remove peel in strips from limes and lemon (green and yellow part only).
- ☐ Cut peel into 1 x 1/8-inch strips.
- ☐ Place in medium bowl. Squeeze enough juice from limes and lemon to measure 2 tablespoons lime juice and 2 tablespoons lemon juice.
- ☐ Add to bowl with peel.
- ☐ Add corn kernels, jalapeños, oil, and 3/4 teaspoon coarse salt; stir to blend. Cover and chill at least 2 hours to allow flavors to blend. Season to taste with more coarse salt, if desired. DO AHEAD: Can be made 1 day ahead. Keep chilled. Bring relish to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:0.96, Inflammation Score:-3, Nutrition Score:4.2804347173027%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 14.63mg, Hesperetin: 14.63mg, Hesperetin: 14.63mg, Hesperetin: 14.63mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 83.15kcal (4.16%), Fat: 5.86g (9.01%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 7.27g (2.65%), Sugar: 2.72g (3.03%), Cholesterol: 0mg (0%), Sodium: 295.5mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin C: 28.75mg (34.85%), Vitamin E: 1.2mg (8.03%), Fiber: 1.87g (7.5%), Vitamin K: 5.18µg (4.94%), Vitamin B6: 0.09mg (4.28%), Folate: 16.44µg (4.11%), Potassium: 136.13mg (3.89%), Vitamin B1: 0.06mg (3.67%), Magnesium: 13.13mg (3.28%), Vitamin A: 160.93IU (3.22%), Phosphorus: 30.83mg (3.08%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.29mg (2.85%), Manganese: 0.06mg (2.82%), Iron: 0.42mg (2.35%), Copper: 0.04mg (1.94%), Vitamin B2: 0.03mg (1.64%), Calcium: 13.89mg (1.39%),

Zinc: 0.16mg (1.07%)