



Mexican Broiled Corn Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- 5 tablespoons pumpkinseed kernels divided toasted
- 0.7 cup cotija cheese crumbled
- 4 ears corn fresh
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves crushed
- 1 cup grape tomatoes halved
- 1 teaspoon ground ancho chile powder
- 0.3 teaspoon ground cumin

- 1 tablespoon honey
- 1 tablespoon jalapeno chopped
- 0.5 teaspoon kosher salt divided
- 2 tablespoons juice of lime fresh
- 3.5 tablespoons olive oil extra-virgin divided
- 1 medium onion cut into 1/2-inch-thick slices
- 1 tablespoon oregano fresh chopped
- 1 cup radishes thinly sliced
- 2 bell peppers red

Equipment

- food processor
- bowl
- baking sheet
- aluminum foil
- broiler

Directions

- Preheat broiler to high.
- Place corn and onion on a foil-lined baking sheet. Broil 4 inches from heat for 15 minutes, turning occasionally.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place bell pepper halves, skin sides up, on baking sheet with corn and onion. Broil an additional 13 minutes or until all vegetables are charred in spots, turning corn and onion occasionally (do not turn bell peppers).
- Place bell peppers in a paper bag. Fold to close tightly; let stand 10 minutes. Peel and coarsely chop peppers.
- Cut kernels from ears of corn. Coarsely chop onion.
- Place bell peppers, corn, onion, oregano, and 1/8 teaspoon salt in a medium bowl; toss gently.

- Combine 1/8 teaspoon salt, tomatoes, radishes, 1 1/2 teaspoons oil, and cilantro in a medium bowl; toss to coat.
- Place 2 tablespoons pumpkinseeds in a mini food processor; process until finely ground.
- Add remaining 1/4 teaspoon salt, remaining 3 tablespoons oil, jalapeo, and the next 5 ingredients (through garlic); process until smooth.
- Place 1/2 cup corn mixture in each of 8 shallow bowls, and top each serving with about 2 tablespoons tomato mixture, about 1 tablespoon dressing, about 1 1/2 tablespoons cheese, and about 1 teaspoon pumpkinseeds.

Nutrition Facts

PROTEIN 9.84% **FAT 49.65%** **CARBS 40.51%**

Properties

Glycemic Index:39.03, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:11.016521685797%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 164.27kcal (8.21%), Fat: 9.78g (15.04%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 15.1g (5.49%), Sugar: 8.17g (9.08%), Cholesterol: 11.13mg (3.71%), Sodium: 326.76mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin C: 50.65mg (61.39%), Vitamin A: 1343.42IU (26.87%), Folate: 51.61µg (12.9%), Vitamin B6: 0.26mg (12.9%), Vitamin E: 1.81mg (12.05%), Vitamin K: 12.07µg (11.49%), Fiber: 2.85g (11.4%), Manganese: 0.23mg (11.26%), Phosphorus: 109.82mg (10.98%), Vitamin B2: 0.19mg (10.96%), Potassium: 330.11mg (9.43%), Calcium: 87.41mg (8.74%), Vitamin B1: 0.13mg (8.59%), Magnesium: 31.81mg (7.95%), Vitamin B3: 1.57mg (7.84%), Vitamin B5: 0.65mg (6.53%), Zinc: 0.82mg (5.45%), Iron: 0.98mg (5.45%), Selenium: 2.61µg (3.73%), Copper: 0.07mg (3.62%), Vitamin B12: 0.21µg (3.52%)