

Mexican Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 8.8 ounce no-salt-added whole-kernel corn drained canned
- ☐ 0.3 cup cucumber chopped
- ☐ 1 tablespoon green onions chopped
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.8 teaspoon jalapeno minced seeded
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 Dash pepper
- ☐ 1 Dash salt

- ☐ 0.3 cup tomatoes seeded chopped
- ☐ 0.5 teaspoon vegetable oil

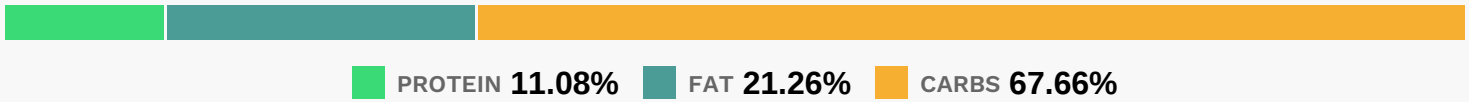
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a medium bowl; toss gently.
- ☐ Combine lime juice and remaining ingredients, stirring with a wire whisk.
- ☐ Pour lime juice mixture over vegetable mixture, and toss gently. Cover and chill thoroughly. Stir just before serving.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:5.4343478316846%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 101.74kcal (5.09%), Fat: 2.75g (4.23%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 16.67g (6.06%), Sugar: 6.46g (7.18%), Cholesterol: 0mg (0%), Sodium: 275.76mg (11.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Folate: 53.96µg (13.49%), Fiber: 3g (11.99%), Vitamin C: 9.37mg (11.35%), Vitamin K: 11.41µg (10.87%), Manganese: 0.19mg (9.64%), Vitamin B2: 0.12mg (7.24%), Potassium: 252.15mg (7.2%), Vitamin B3: 1.41mg (7.05%), Phosphorus: 68.01mg (6.8%), Vitamin A: 277.41IU (5.55%), Magnesium: 21.99mg (5.5%), Vitamin B5: 0.51mg (5.12%), Vitamin B1: 0.06mg (4.16%), Vitamin B6: 0.08mg (4.08%), Copper: 0.07mg (3.51%), Zinc: 0.48mg (3.21%), Iron: 0.56mg (3.13%), Vitamin E: 0.41mg (2.72%), Calcium: 12.39mg (1.24%), Selenium: 0.8µg (1.14%)