



Millet Salad with Sweet Corn and Avocado



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 cups corn kernels fresh (8 ears)
- ☐ 2 tablespoons green onions chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 3 to 4 jalapeño peppers seeded finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup millet rinsed uncooked drained

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon sea salt divided
- ☐ 4 cups tomatoes chopped
- ☐ 4 cups water

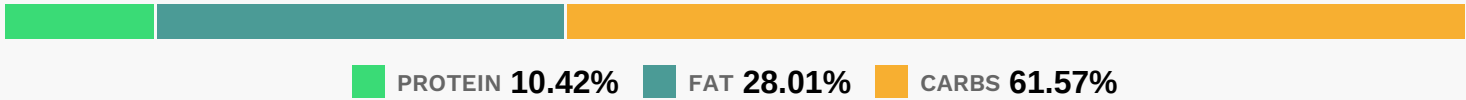
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add millet; cook 10 minutes or until fragrant and toasted, stirring frequently.
- ☐ Add water and 1/2 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until water is almost absorbed. Stir in corn kernels; cook, covered, 5 minutes.
- ☐ Remove millet mixture from pan, and cool to room temperature.
- ☐ Combine 1/2 teaspoon salt, cilantro, and next 5 ingredients (cilantro through jalapeo).
- ☐ Add cilantro mixture to millet mixture, tossing to combine. Gently stir in tomato and avocado. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:12.46, Inflammation Score:-8, Nutrition Score:14.1343479001%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 232.01kcal (11.6%), Fat: 7.74g (11.91%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 31.87g (11.59%), Sugar: 7.1g (7.89%), Cholesterol: 0mg (0%), Sodium: 315.78mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Manganese: 0.67mg (33.61%), Vitamin C: 27.39mg (33.2%), Fiber: 6.44g (25.75%), Folate: 87.06µg (21.77%), Magnesium: 75.44mg (18.86%), Vitamin A: 919.18IU (18.38%), Vitamin B1: 0.27mg (18.02%), Vitamin K: 18.88µg (17.98%), Copper: 0.35mg (17.43%), Vitamin B3: 3.46mg (17.28%), Phosphorus: 172.24mg (17.22%), Potassium: 582.13mg (16.63%), Vitamin B6: 0.32mg (15.85%), Vitamin B5: 1.18mg (11.81%), Iron: 1.79mg (9.92%), Vitamin E: 1.49mg (9.9%), Vitamin B2: 0.17mg (9.88%), Zinc: 1.1mg (7.31%), Calcium: 24.72mg (2.47%), Selenium: 1.28µg (1.82%)