



Pan-Roasted Corn and Tomato Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



48 kcal

SIDE DISH

Ingredients

- 2 cups cherry tomatoes quartered (1 pint)
- 1 tablespoon cider vinegar
- 0.3 cup basil fresh chopped
- 2 cups corn kernels fresh (2 ears)
- 2 garlic cloves minced
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 0.3 cup shallots chopped

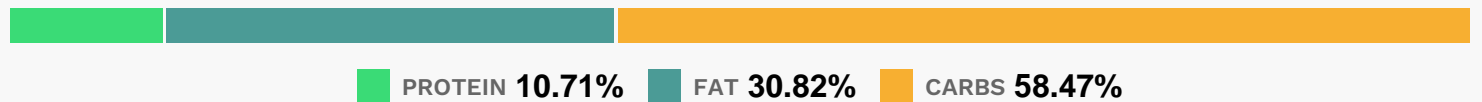
Equipment

- bowl
- frying pan

Directions

- Heat oil in a large cast-iron skillet over high heat.
- Add shallots and garlic; saut 1 minute.
- Add corn; saut 5 minutes or until corn is lightly browned.
- Add tomatoes; saut 2 minutes.
- Remove from heat.
- Place corn mixture in a medium bowl; cool to room temperature. Stir in basil, vinegar, and salt.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:3.1943478532459%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 48.29kcal (2.41%), Fat: 1.84g (2.83%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 6.84g (2.49%), Sugar: 3.04g (3.37%), Cholesterol: 0mg (0%), Sodium: 124.84mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin C: 9.53mg (11.56%), Manganese: 0.12mg (5.84%), Potassium: 168.33mg (4.81%), Vitamin A: 231.89IU (4.64%), Folate: 18.49µg (4.62%), Vitamin K: 4.31µg (4.11%), Vitamin B1: 0.06mg (4.04%), Fiber: 1g (4%), Vitamin B6: 0.08mg (3.96%), Phosphorus: 39.08mg (3.91%), Magnesium: 15.27mg (3.82%), Vitamin B3: 0.69mg (3.47%), Vitamin B5: 0.27mg (2.68%), Vitamin E: 0.4mg (2.64%), Iron: 0.47mg (2.59%), Copper: 0.05mg (2.38%), Vitamin B2: 0.02mg (1.46%), Zinc: 0.21mg (1.41%)