



Potato, Tomato, Corn and Basil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound baby potatoes red scrubbed
- ☐ 3 pounds ears of corn
- ☐ 1 large bunch basil dried fresh leaves picked rinsed
- ☐ 1 pint grape tomatoes halved lengthwise
- ☐ 2 juice of lemon juiced
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 15 grinds pepper freshly ground

☐ 0.5 cup onion red peeled sliced

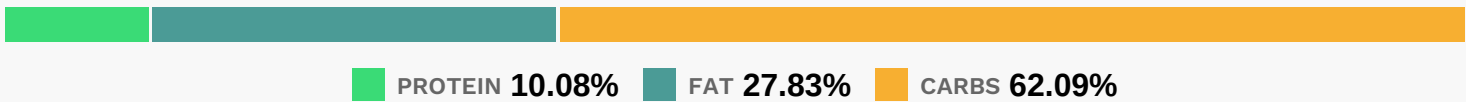
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ chefs knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the potatoes in a large pot of salted water and bring to boil. Cook until just fork tender, about 15 minutes. Fish out the potatoes with a spider or slotted spoon and place them in a bowl of ice cold water to stop them from cooking.
- ☐ Shuck the corn and break each ear in half. Cook in the same boiling water for 5 to 7 minutes until tender but not soft.
- ☐ Remove the cooled potatoes to a dish-cloth to drain. Immerse corn in the same ice bath until cool.
- ☐ Cut each potato into quarters and place in a large bowl.
- ☐ Remove corn from water and also let drain. Use a chef's knife to cut the kernels off each ear.
- ☐ Add kernels to bowl.
- ☐ Add grape tomatoes, onion, and whole basil leaves.
- ☐ Add olive oil and lemon juice and toss gently to combine. Season, to taste, with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:8.29, Inflammation Score:-8, Nutrition Score:15.299565164939%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 270.91kcal (13.55%), Fat: 9.31g (14.32%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 40.65g (14.78%), Sugar: 13.27g (14.75%), Cholesterol: 0mg (0%), Sodium: 323.64mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin C: 34.48mg (41.8%), Manganese: 0.7mg (34.87%), Potassium: 888.8mg (25.39%), Fiber: 6.07g (24.29%), Folate: 93.49µg (23.37%), Vitamin B1: 0.34mg (22.63%), Magnesium: 88.04mg (22.01%), Phosphorus: 204.71mg (20.47%), Vitamin B3: 4.01mg (20.03%), Vitamin B6: 0.4mg (19.77%), Vitamin A: 823.75IU (16.47%), Vitamin B5: 1.49mg (14.89%), Vitamin K: 15.58µg (14.83%), Copper: 0.22mg (11.04%), Iron: 1.85mg (10.27%), Vitamin E: 1.46mg (9.75%), Vitamin B2: 0.13mg (7.74%), Zinc: 1.1mg (7.33%), Calcium: 30.22mg (3.02%), Selenium: 1.34µg (1.92%)