



Pumpernickel with Avocado, Charred Corn and Tomato

READY IN



30 min.

SERVINGS



30

CALORIES



140 kcal

Ingredients

- ☐ 8 cherry tomatoes red halved
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 ear of corn
- ☐ 1 haas avocados pitted halved cut into 8 slices
- ☐ 30 servings olive oil extra-virgin
- ☐ 0.3 cup pickled onions jarred sliced
- ☐ 4 grilled of pumpernickel
- ☐ 30 servings salt and pepper freshly ground
- ☐ 1 serrano chile minced seeded

- ☐ 2 teaspoons sherry vinegar
- ☐ 8 cherry tomatoes yellow halved
- ☐ 1 medium zebra diced sweet green

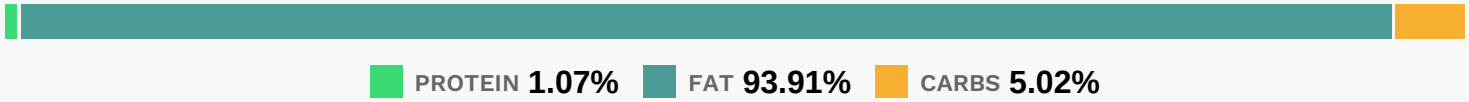
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Light a grill.
- ☐ Brush the corn with oil and grill over moderate heat until lightly charred, 8 minutes.
- ☐ Cut the kernels from the cob.
- ☐ In a bowl, mix 2 tablespoons of oil with the vinegar. Fold in the corn, tomatoes, chile and cilantro and season with salt and pepper. Top the bread with the sliced avocado, tomato salad and pickled onions and serve.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.2056521825168%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 140.29kcal (7.01%), Fat: 15.06g (23.16%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.52g (0.58%), Cholesterol: 0mg (0%), Sodium: 197.64mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin E: 2.21mg (14.71%), Vitamin K: 10.37µg (9.87%), Vitamin C: 3.07mg (3.72%), Fiber: 0.66g (2.64%), Folate: 9.68µg (2.42%), Potassium: 75.1mg (2.15%), Manganese: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.61%), Vitamin A: 74.51IU (1.49%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.13mg (1.32%), Copper: 0.03mg (1.31%), Magnesium: 4.73mg (1.18%), Iron: 0.21mg (1.15%), Phosphorus: 10.78mg (1.08%), Vitamin B1: 0.02mg (1.02%)