



## Roasted Corn and Heirloom Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 servings balsamic vinegar to taste
- 4 ears corn on the cob
- 1 bunch basil fresh coarsely chopped
- 8 servings salt and ground pepper black to taste
- 1.5 pints heirloom tomatoes halved
- 6 ounces salad greens mixed
- 2 tablespoons olive oil to taste
- 1 bell pepper red

- 1 small onion red halved thinly sliced
- 1 bell pepper yellow

## Equipment

- bowl
- grill

## Directions

- Preheat grill for medium heat and lightly oil the grate.
- Rub ears of corn with 2 teaspoons olive oil and sprinkle with salt and black pepper; roast the ears on the preheated grill, turning occasionally, until the kernels are lightly browned, 10 to 15 minutes.
- Place red and yellow bell pepper on the grill and roast until the skins are blistered and lightly charred, turning often, about 15 minutes.
- Remove corn and bell peppers and let cool.
- Cut the kernels from the cobs and place into a large bowl. Peel skins from bell peppers, seed, and cut the peppers into 1-inch pieces; mix peppers and corn together. Lightly toss with heirloom tomatoes, red onion, and basil. Cover and refrigerate until serving time.
- Just before serving, mix in the salad greens and drizzle salad with 2 tablespoons olive oil and balsamic vinegar. Lightly toss to coat with dressing and season with salt and black pepper.

## Nutrition Facts



**PROTEIN 9.8%** **FAT 31.45%** **CARBS 58.75%**

## Properties

Glycemic Index:31.13, Glycemic Load:2.76, Inflammation Score:-8, Nutrition Score:11.406956462756%

## Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

## Nutrients (% of daily need)

Calories: 116.96kcal (5.85%), Fat: 4.4g (6.77%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 15.8g (5.75%), Sugar: 8.75g (9.73%), Cholesterol: 0mg (0%), Sodium: 21.97mg (0.96%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Vitamin C: 67.68mg (82.04%), Vitamin A: 1613.79IU (32.28%), Manganese: 0.3mg (15.14%), Vitamin K: 14.35µg (13.67%), Potassium: 473.57mg (13.53%), Folate: 54.09µg (13.52%), Vitamin B6: 0.22mg (10.82%), Fiber: 2.69g (10.74%), Magnesium: 36.42mg (9.11%), Vitamin B3: 1.74mg (8.72%), Vitamin B1: 0.13mg (8.53%), Phosphorus: 84.82mg (8.48%), Vitamin E: 1.26mg (8.41%), Copper: 0.12mg (6.02%), Iron: 0.94mg (5.25%), Vitamin B5: 0.52mg (5.2%), Vitamin B2: 0.07mg (4.31%), Zinc: 0.51mg (3.4%), Calcium: 24.94mg (2.49%)