



Roasted Corn-and-Pepper Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 ears shucked corn
- 1 garlic clove minced
- 1 small bell pepper green seeded cut in half
- 1 teaspoon jalapeno minced seeded
- 1 tablespoon juice of lemon fresh
- 2 teaspoons olive oil divided
- 1 tablespoon onion diced

- 1 tablespoon orange juice fresh
- 0.1 teaspoon orange rind grated
- 1 small bell pepper red seeded cut in half
- 0.5 teaspoon salt divided

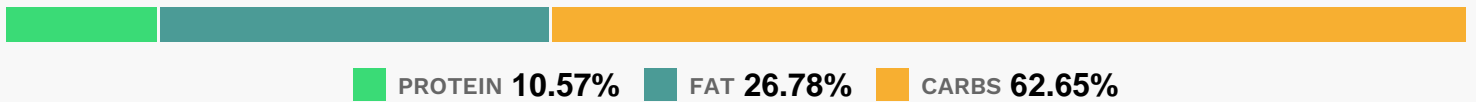
Equipment

- bowl
- grill

Directions

- Prepare grill.
- Brush bell peppers and corn with 1 teaspoon oil, and sprinkle with 1/4 teaspoon salt.
- Place bell peppers and corn on grill rack coated with cooking spray. Grill bell peppers 5 minutes or until crisp-tender, turning occasionally.
- Remove bell peppers from grill. Grill corn 10 minutes or until lightly browned, turning occasionally. Cool slightly. Dice bell peppers.
- Cut kernels from ears of corn; discard cobs.
- Combine bell peppers, corn, 1 teaspoon oil, 1/4 teaspoon salt, orange rind, and remaining ingredients in a bowl, and toss well.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:3.9273912828902%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 44.92kcal (2.25%), Fat: 1.52g (2.33%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 6.88g (2.5%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 151.26mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin C: 24.35mg (29.52%), Vitamin A: 398.59IU (7.97%), Folate: 20.81µg (5.2%), Manganese: 0.09mg (4.7%), Vitamin B6: 0.09mg (4.49%), Vitamin B1: 0.07mg (4.44%), Fiber: 1.1g (4.41%), Potassium: 138.83mg (3.97%), Magnesium: 15.3mg (3.82%), Vitamin B3: 0.76mg (3.78%), Phosphorus: 36.01mg (3.6%), Vitamin B5: 0.29mg (2.94%), Vitamin E: 0.38mg (2.5%), Vitamin K: 2.07µg (1.97%), Vitamin B2: 0.03mg (1.84%), Iron: 0.28mg (1.53%), Copper: 0.03mg (1.5%), Zinc: 0.2mg (1.34%)