

Roasted-Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon dijon mustard
- ☐ 3 cups corn kernels fresh (6 ears)
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped
- ☐ 1 tablespoon vegetable oil divided

☐

2 tablespoons balsamic vinegar white

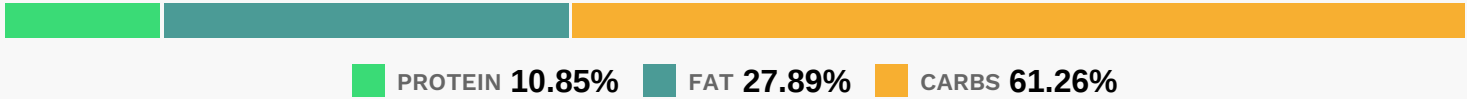
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine corn and 1 teaspoon oil in a jelly-roll pan coated with cooking spray.
- ☐ Bake at 425 for 20 minutes or until browned, stirring occasionally.
- ☐ Combine 2 teaspoons oil, vinegar, mustard, salt, and black pepper in a medium bowl; add corn mixture, stirring well. Stir in tomato, bell pepper, and onions.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:11.658260977787%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 148.77kcal (7.44%), Fat: 5.15g (7.93%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 21.94g (7.98%), Sugar: 10.11g (11.23%), Cholesterol: 0mg (0%), Sodium: 209.38mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin C: 38.7mg (46.91%), Vitamin K: 36.57µg (34.83%), Vitamin A: 1224.78IU (24.5%), Folate: 68.11µg (17.03%), Manganese: 0.3mg (15.15%), Fiber: 3.53g (14.12%), Vitamin B1: 0.21mg (13.77%), Potassium: 471.98mg (13.49%), Magnesium: 52.05mg (13.01%), Phosphorus: 120.96mg (12.1%), Vitamin B3: 2.42mg (12.08%), Vitamin B6: 0.2mg (9.79%), Vitamin B5: 0.89mg (8.94%), Vitamin E: 0.93mg (6.22%),

Iron: 1.06mg (5.9%), Vitamin B2: 0.1mg (5.61%), Copper: 0.1mg (5.04%), Zinc: 0.69mg (4.61%), Selenium: 2.03µg (2.9%), Calcium: 21.37mg (2.14%)