



Roasted Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup avocado diced peeled
- ☐ 5 ears corn yellow
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup jicama diced peeled
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2.5 teaspoons olive oil extra-virgin
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 2 cups tomatoes diced seeded (2 small)

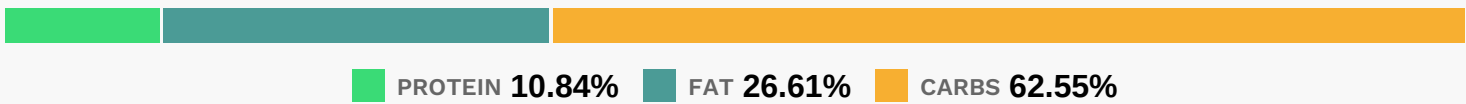
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 47
- ☐ Remove husks from corn. Scrub silks from corn.
- ☐ Cut kernels from ears of corn.
- ☐ Place corn in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 475 for 15 minutes or until slightly charred, stirring every 5 minutes.
- ☐ Remove corn from pan; let cool.
- ☐ Combine corn, tomato, and remaining ingredients, stirring well.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.80782609173785%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg 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: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 9.41kcal (0.47%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 1.34mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin C: 3.75mg (4.55%), Vitamin A: 86.72IU (1.73%), Fiber: 0.3g (1.2%), Folate: 4.57µg (1.14%), Potassium: 36.41mg (1.04%), Manganese: 0.02mg (1.02%)