



Roasted-Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 ears corn
- 4 medium spring onion
- 2 teaspoons vegetable oil
- 1 cup bell pepper red chopped
- 2 tablespoons anaheim chili finely chopped
- 3 tablespoons juice of lemon
- 0.3 teaspoon salt

Equipment

grill

Directions

- Brush grill rack with vegetable oil.
- Heat coals or gas grill for direct heat.
- Husk corn and remove silk.
- Brush corn and onions with oil.
- Cover and grill corn and onions 4 to 6 inches from medium-hot heat 5 minutes.
- Remove onions from grill; set aside. Turn corn. Cover and grill about 15 minutes longer, turning twice, until tender.
- Remove corn from grill; cool 20 minutes.
- Cut corn from ears.
- Cut onions into slices.
- Mix corn, onions and remaining ingredients.

Nutrition Facts

 **PROTEIN 10.46%**  **FAT 27.12%**  **CARBS 62.42%**

Properties

Glycemic Index:32, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:19.985652063204%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 193.79kcal (9.69%), Fat: 6.66g (10.24%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 28.88g (10.5%), Sugar: 13.34g (14.82%), Cholesterol: 0mg (0%), Sodium: 368.18mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin C: 120.66mg (146.26%), Vitamin K: 74.43µg (70.89%), Vitamin A: 2885.5IU (57.71%), Folate: 114.67µg (28.67%), Fiber: 5.6g (22.4%), Vitamin B6: 0.37mg (18.55%), Vitamin B1: 0.27mg (18.09%), Potassium: 627.73mg (17.94%), Manganese: 0.35mg (17.75%), Magnesium:

66.25mg (16.56%), Vitamin B3: 3.3mg (16.48%), Phosphorus: 152.42mg (15.24%), Vitamin B5: 1.26mg (12.56%),
Vitamin E: 1.84mg (12.26%), Vitamin B2: 0.16mg (9.7%), Iron: 1.49mg (8.27%), Zinc: 0.94mg (6.24%), Copper: 0.11mg
(5.71%), Calcium: 31.05mg (3.1%), Selenium: 1.09µg (1.55%)