



## Roasted-Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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


### 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 10.82%**  **FAT 27.01%**  **CARBS 62.17%**

## Properties

Glycemic Index:54.5, Glycemic Load:1.89, Inflammation Score:-10, Nutrition Score:20.792608639468%

## 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: 195.8kcal (9.79%), Fat: 6.72g (10.34%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 29.48g (10.72%), Sugar: 13.64g (15.16%), Cholesterol: 0mg (0%), Sodium: 320.29mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin C: 140.44mg (170.23%), Vitamin K: 76.53µg (72.89%), Vitamin A: 3028.29IU (60.57%), Folate: 118.12µg (29.53%), Vitamin B6: 0.45mg (22.34%), Fiber: 5.34g (21.35%), Potassium: 676.03mg (19.32%), Manganese: 0.38mg (19.15%), Vitamin B1: 0.28mg (18.81%), Vitamin

B3: 3.48mg (17.42%), Magnesium: 69.7mg (17.42%), Phosphorus: 158.87mg (15.89%), Vitamin E: 1.94mg (12.95%),  
Vitamin B5: 1.29mg (12.86%), Vitamin B2: 0.18mg (10.46%), Iron: 1.64mg (9.12%), Copper: 0.13mg (6.68%), Zinc:  
0.98mg (6.5%), Calcium: 33.15mg (3.31%), Selenium: 1.16µg (1.66%)