



Roasted Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ears corn
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 0.3 cup olive oil
- ☐ 2 onions diced
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper black
- ☐ 0.3 teaspoon all the tabasco sauce you handle to taste (or)
- ☐ 1.5 lb tomatoes chopped

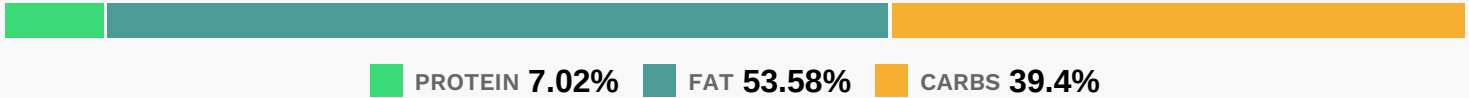
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat a broiler or prepare a charcoal fire and let burn to a gray ash.
- ☐ Place corn on a broiling pan or grill set about 6 inches from heat source. Cook, turning often, until kernels have softened and are lightly browned, about 10 minutes.
- ☐ Let cool, then cut off kernels from each ear (you'll have about 3 cups).
- ☐ In a large bowl, combine corn kernels, tomatoes, onions, olive oil, vinegar, salt, pepper and Tabasco sauce.
- ☐ Add parsley and stir well. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:6.9469564893971%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 116.09kcal (5.8%), Fat: 7.41g (11.4%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 10.07g (3.66%), Sugar: 5.53g (6.14%), Cholesterol: 0mg (0%), Sodium: 208.5mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin K: 27.4µg (26.09%), Vitamin C: 17.42mg (21.12%), Vitamin A: 856.56IU (17.13%), Vitamin E: 1.47mg (9.79%), Potassium: 340.13mg (9.72%), Manganese: 0.19mg (9.57%),

Fiber: 2.2g (8.79%), Folate: 33.68µg (8.42%), Vitamin B6: 0.13mg (6.68%), Vitamin B1: 0.1mg (6.49%), Magnesium: 25.25mg (6.31%), Phosphorus: 59.32mg (5.93%), Vitamin B3: 1.15mg (5.74%), Copper: 0.08mg (4.06%), Vitamin B5: 0.36mg (3.56%), Iron: 0.58mg (3.23%), Vitamin B2: 0.04mg (2.54%), Zinc: 0.36mg (2.39%), Calcium: 17.31mg (1.73%)