



Roasted Red Pepper-and-Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ears corn with husks (1 1/4 pounds)
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1.5 teaspoons jalapeno minced seeded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 bell peppers red
- ☐ 0.3 teaspoon salt

Equipment

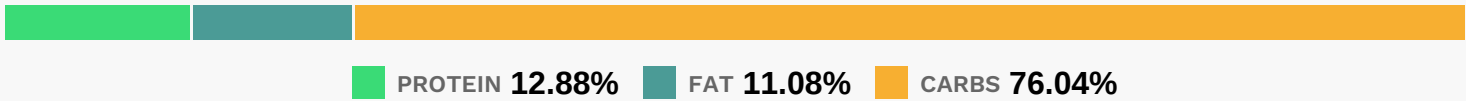
- ☐ bowl

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Cover corn with water; let stand 30 minutes.
- ☐ Drain.
- ☐ Remove husks from corn; discard husks. Scrub silks from corn; set corn aside.
- ☐ Prepare grill.
- ☐ Place corn on grill rack; cook 25 minutes or until corn is lightly browned, turning every 5 minutes. Cool.
- ☐ Cut kernels from ears of corn to measure 2 cups. Set kernels aside; discard cobs.
- ☐ Cut bell peppers in half lengthwise; flatten with hand. Discard seeds and membranes.
- ☐ Place bell pepper halves, skin sides down, on grill rack. Cook 20 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and finely chop to measure 3/4 cup.
- ☐ Combine corn, bell peppers, and remaining ingredients in a medium bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:19.2, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:9.878695756197%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 45.67kcal (2.28%), Fat: 0.66g (1.02%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 8.38g (3.05%), Sugar: 4.48g (4.98%), Cholesterol: 0mg (0%), Sodium: 124.58mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 69.61mg (84.37%), Vitamin A: 1708.99IU (34.18%), Vitamin K: 28.96µg (27.58%), Folate: 41.05µg (10.26%), Vitamin B6: 0.18mg (9.12%), Fiber: 1.83g (7.33%), Potassium: 216.42mg (6.18%), Manganese: 0.12mg (5.85%), Vitamin B3: 1.15mg (5.74%), Vitamin E: 0.85mg (5.68%), Vitamin B1: 0.08mg (5.66%), Magnesium: 20.42mg (5.11%), Phosphorus: 46.21mg (4.62%), Vitamin B5: 0.43mg (4.28%), Vitamin B2: 0.06mg (3.75%), Iron: 0.5mg (2.78%), Zinc: 0.31mg (2.05%), Copper: 0.03mg (1.58%)