



Romaine, Grilled Avocado, and Smoky Corn Salad with Chipotle-Caesar Dressing

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 2 firm-ripe 6-to 8-ounces avocados pitted peeled halved
- ☐ 1 tablespoon chipotle chiles in adobo canned minced
- ☐ 2 ears of corn
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan grated

- ☐ 1 pound the of 1 cos lettuce quartered
- ☐ 3 tablespoons vegetable oil

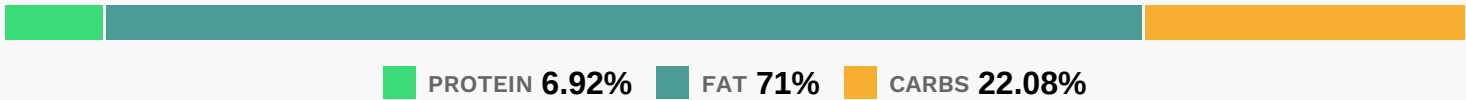
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill for direct-heat cooking over hot charcoal (high heat for gas); see Grilling Procedure.
- ☐ Put parmesan in a medium bowl and add olive oil in a slow stream, whisking.
- ☐ Whisk in lime juice, garlic, chipotles, and 1/4 teaspoon each of salt and pepper.
- ☐ Rub vegetable oil on corn and cut sides of avocados, then season with 1/8 teaspoon each of salt and pepper. Grill avocados, cut sides down, and corn, covered only if using a gas grill, turning corn occasionally, until golden-brown, 3 to 4 minutes.
- ☐ Peel avocados and thinly slice.
- ☐ Cut corn kernels from cobs.
- ☐ Toss romaine with dressing and serve topped with avocado and corn.
- ☐ Corn and avocados can be grilled, in batches if necessary, in a lightly oiled hot grill pan over medium-high heat.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:25.052608778295%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 388.58kcal (19.43%), Fat: 32.95g (50.69%), Saturated Fat: 5.66g (35.37%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 12.6g (4.58%), Sugar: 5.39g (5.99%), Cholesterol: 4.25mg (1.42%), Sodium: 123.56mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Vitamin A: 10164.48IU (203.29%), Vitamin K: 159.69µg (152.09%), Folate: 256.5µg (64.12%), Fiber: 10.47g (41.86%), Vitamin C: 22.42mg (27.17%), Potassium: 915.53mg (26.16%), Vitamin E: 3.92mg (26.13%), Manganese: 0.41mg (20.42%), Vitamin B6: 0.4mg (20.24%), Vitamin B5: 1.93mg (19.31%), Phosphorus: 172.97mg (17.3%), Magnesium: 65.82mg (16.45%), Vitamin B1: 0.23mg (15.1%), Vitamin B2: 0.26mg (15.01%), Vitamin B3: 2.94mg (14.72%), Copper: 0.28mg (13.9%), Calcium: 127.91mg (12.79%), Iron: 2.09mg (11.59%), Zinc: 1.3mg (8.69%), Selenium: 2.65µg (3.79%), Vitamin B12: 0.08µg (1.25%)