



Skillet-Toasted Corn Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 6 ears corn sweet husked
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 3 dashes pepper sauce hot
- ☐ 4 and/or peppers green red yellow coarsely chopped

- ☐ 1 head romaine lettuce
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce

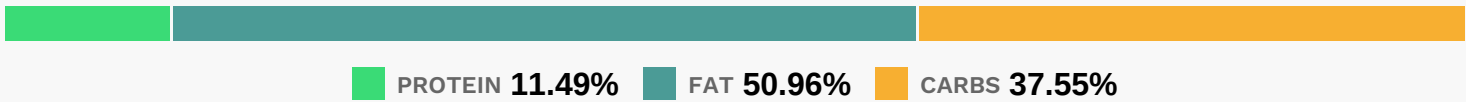
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a jar with a tight-fitting lid, combine 1/3 cup oil, lemon juice, sauces, garlic, salt and pepper. Cover and shake well; set aside.
- ☐ Heat remaining oil in a large skillet over medium-high heat.
- ☐ Add corn; saut for 5 minutes, or until corn is tender and golden, stirring often.
- ☐ Remove from heat; keep warm.
- ☐ Combine corn, peppers and cheese in a large bowl.
- ☐ Pour olive oil mixture over top; toss lightly to coat.
- ☐ Serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:20.337391260525%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 193.18kcal (9.66%), Fat: 11.9g (18.3%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 15.63g (5.68%), Sugar: 7.12g (7.91%), Cholesterol: 4.25mg (1.42%), Sodium: 220.08mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Vitamin A: 7213.9IU (144.28%), Vitamin K: 90.58µg (86.27%), Vitamin C: 60.15mg (72.91%), Folate: 143.42µg (35.85%), Manganese: 0.34mg (17.07%), Fiber: 4.09g (16.36%), Potassium: 519.21mg (14.83%), Phosphorus: 142.84mg (14.28%), Vitamin B6: 0.28mg (13.93%), Vitamin B1: 0.2mg (13.58%), Magnesium: 46.01mg (11.5%), Vitamin E: 1.7mg (11.32%), Calcium: 112.73mg (11.27%), Vitamin B3: 1.78mg (8.88%), Iron: 1.57mg (8.7%), Vitamin B2: 0.13mg (7.81%), Vitamin B5: 0.7mg (7.04%), Copper: 0.13mg (6.31%), Zinc: 0.76mg (5.09%), Selenium: 2.31µg (3.3%), Vitamin B12: 0.08µg (1.25%)