



WHATSheATE



Smokey Corn and Tomato Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small country bread sliced
- ☐ 1 large ear of corn yellow husked
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon paprika smoked spanish hot
- ☐ 6 ounces onion red peeled halved
- ☐ 1.5 pounds tomatoes (such as cluster or vine-ripened; do not use heirloom; 5)

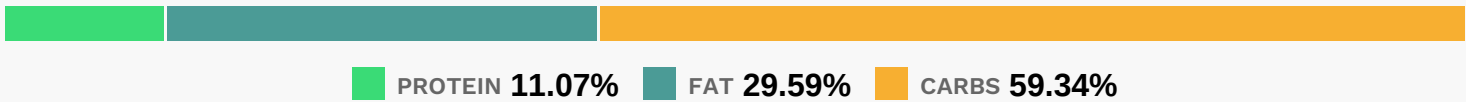
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare barbecue (medium heat).
- ☐ Brush corn and onion with oil; sprinkle lightly with salt and pepper.
- ☐ Place corn, onion halves, and tomatoes on grill. Cook until corn is charred, onion is just tender, and tomato skins are blistered and loose, turning often, about 12 minutes for tomatoes and 15 minutes for corn and onion.
- ☐ Transfer to foil-lined baking sheet and cool.
- ☐ Brush bread with oil; sprinkle with salt and pepper. Grill until crisp, about 2 minutes per side. Core tomatoes and cut in half horizontally. Gently squeeze out or spoon out juices and seeds. Coarsely dice tomato flesh and place in medium bowl.
- ☐ Cut corn kernels from cob; add kernels to tomatoes. Chop onion; add to tomatoes.
- ☐ Mix in garlic, lime juice, paprika, and 1 tablespoon oil. Season to taste with salt and pepper. DO AHEAD Can be made 3 hours ahead. Cover; let stand at room temperature.
- ☐ Serve with grilled bread.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:5.3608695424121%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.07mg,

Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 65.36kcal (3.27%), Fat: 2.35g (3.61%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 8.69g (3.16%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 24.5mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin C: 15.13mg (18.34%), Vitamin A: 758.74IU (15.17%), Manganese: 0.2mg (10.12%), Potassium: 290.23mg (8.29%), Vitamin K: 8.13µg (7.74%), Fiber: 1.91g (7.62%), Folate: 27.49µg (6.87%), Vitamin B6: 0.12mg (6%), Vitamin B1: 0.08mg (5.64%), Vitamin B3: 1.05mg (5.25%), Vitamin E: 0.75mg (4.99%), Magnesium: 19.83mg (4.96%), Phosphorus: 47.94mg (4.79%), Copper: 0.08mg (3.76%), Iron: 0.52mg (2.88%), Vitamin B5: 0.26mg (2.64%), Vitamin B2: 0.04mg (2.45%), Zinc: 0.31mg (2.04%), Calcium: 19.16mg (1.92%), Selenium: 1.28µg (1.83%)