



Smoky Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ears corn fresh husked
- ☐ 0.7 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 bunch spring onion trimmed
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon hot sauce
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 tablespoons olive oil divided ()

☐ 2 bell pepper red seeded quartered

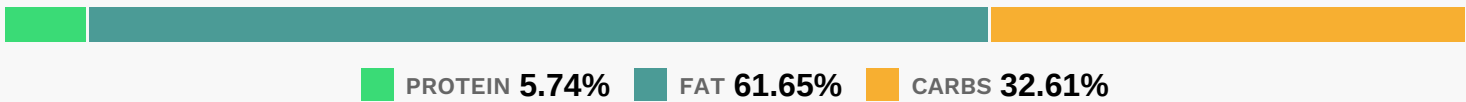
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ tongs

Directions

- ☐ Prepare barbecue (high heat).
- ☐ Brush bell peppers, corn, and green onions with some olive oil. Grill vegetables until well charred in spots, turning occasionally with tongs and removing pieces as they brown, 5 minutes for green onions, 10 to 15 minutes for bell peppers and corn. Cool slightly.
- ☐ Cut bell peppers and green onions into 1/3-inch pieces.
- ☐ Cut corn off cob.
- ☐ Heat 2 tablespoons oil in heavy small skillet over medium-high heat.
- ☐ Add garlic and cumin; sauté until garlic begins to sizzle but does not brown, about 30 seconds.
- ☐ Pour into large bowl; mix in lime juice and hot sauce.
- ☐ Mix in vegetables. Season to taste with salt and pepper. Cool completely; mix in cilantro.
- ☐ Per serving: Calories (kcal) 122.8, % Calories from Fat 57.1, Fat (g) 7.8, Saturated Fat (g) 1.1, Cholesterol (mg) 0, Carbohydrates (g) 13.1, Dietary Fiber (g) 2.5, Total Sugars (g) 2.8, Protein (g) 2.3
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:14.249565202257%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 206.16kcal (10.31%), Fat: 15.25g (23.46%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 15.2g (5.53%), Sugar: 7.08g (7.87%), Cholesterol: 0mg (0%), Sodium: 102.11mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin C: 87.79mg (106.41%), Vitamin A: 2244.44IU (44.89%), Vitamin K: 32.41µg (30.86%), Vitamin E: 3.14mg (20.94%), Folate: 62.25µg (15.56%), Vitamin B6: 0.27mg (13.61%), Manganese: 0.24mg (12.12%), Fiber: 2.95g (11.82%), Potassium: 366.8mg (10.48%), Vitamin B1: 0.15mg (10.07%), Vitamin B3: 1.89mg (9.45%), Magnesium: 36.98mg (9.24%), Phosphorus: 85.24mg (8.52%), Vitamin B5: 0.71mg (7.14%), Iron: 1.2mg (6.67%), Vitamin B2: 0.1mg (6.11%), Zinc: 0.55mg (3.65%), Copper: 0.07mg (3.47%), Calcium: 20.44mg (2.04%), Selenium: 0.77µg (1.1%)