



Southwestern Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



2

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup vegetable juice reduced-sodium
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 cups corn frozen
- ☐ 1 small zucchini cut into 1x1/4x1/4-inch sticks (1/2 cup)
- ☐ 0.3 teaspoon salt
- ☐ 2 romaine leaves
- ☐ 2 juice of lime

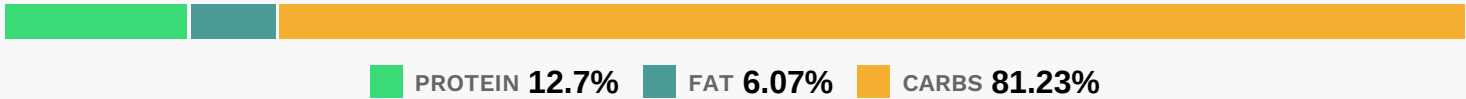
Equipment

☐ sauce pan

Directions

- ☐ Heat vegetable juice, chili powder and cumin in 1 1/2-quart saucepan to boiling. Stir in corn and zucchini. Cover and cook over medium heat 3 to 5 minutes, stirring occasionally, until vegetables are tender. Stir in salt. Cover and refrigerate about 2 hours or until chilled.
- ☐ Serve salad on lettuce leaves if desired.
- ☐ Drizzle with lime juice.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:14.426086959632%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 163.1kcal (8.16%), Fat: 1.27g (1.95%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 32.88g (11.96%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 470.43mg (20.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin C: 59.67mg (72.33%), Vitamin A: 2739.08IU (54.78%), Potassium: 784.03mg (22.4%), Fiber: 5.25g (21.02%), Manganese: 0.39mg (19.53%), Folate: 75.88µg (18.97%), Vitamin B6: 0.36mg (17.97%), Phosphorus: 143.24mg (14.32%), Magnesium: 57.03mg (14.26%), Vitamin B3: 2.53mg (12.63%), Vitamin B1: 0.19mg (12.51%), Vitamin B2: 0.2mg (11.53%), Iron: 1.79mg (9.93%), Zinc: 1.15mg (7.67%), Copper: 0.11mg (5.37%), Vitamin B5: 0.52mg (5.22%), Calcium: 45.08mg (4.51%), Vitamin K: 2.99µg (2.85%), Vitamin E: 0.31mg (2.08%), Selenium: 1.35µg (1.92%)