



Southwestern Roasted Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 8 ears corn in husks fresh
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 4 cloves garlic minced peeled
- ☐ 1 bell pepper diced green
- ☐ 1 tablespoon hot sauce
- ☐ 3 juice of lime juiced
- ☐ 0.5 cup olive oil
- ☐ 1 bell pepper diced red

- ☐ 1 onion red chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 1 teaspoon sugar white

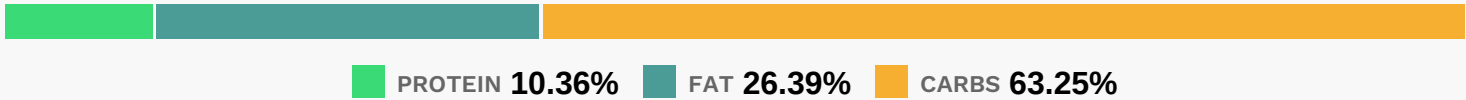
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ grill

Directions

- ☐ Place the corn in a large pot with enough water to cover, and soak at least 15 minutes.
- ☐ Preheat grill for high heat.
- ☐ Remove silks from corn, but leave the husks.
- ☐ Place corn on the preheated grill. Cook, turning occasionally, 20 minutes, or until tender.
- ☐ Remove from heat, cool slightly, and discard husks.
- ☐ Cut the corn kernels from the cob, and place in a medium bowl.
- ☐ Mix in the red bell pepper, green bell pepper, and red onion.
- ☐ In a blender or food processor, mix the cilantro, olive oil, garlic, lime juice, sugar, salt, pepper, and hot sauce. Blend until smooth, and stir into the corn salad.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:9.0065217173618%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 121.22kcal (6.06%), Fat: 4.03g (6.2%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 19.01g (6.91%), Sugar: 7.94g (8.82%), Cholesterol: 0mg (0%), Sodium: 253.29mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin C: 43.74mg (53.01%), Vitamin A: 832.7IU (16.65%), Folate: 51.25µg (12.81%), Manganese: 0.24mg (11.81%), Vitamin B1: 0.17mg (11.34%), Fiber: 2.74g (10.95%), Vitamin B6: 0.21mg (10.26%), Potassium: 352.51mg (10.07%), Magnesium: 39.83mg (9.96%), Vitamin K: 10.11µg (9.63%), Phosphorus: 95.94mg (9.59%), Vitamin B3: 1.88mg (9.39%), Vitamin B5: 0.76mg (7.6%), Vitamin E: 0.82mg (5.48%), Vitamin B2: 0.08mg (4.59%), Copper: 0.08mg (3.95%), Iron: 0.71mg (3.93%), Zinc: 0.53mg (3.55%), Calcium: 13.4mg (1.34%), Selenium: 0.87µg (1.24%)