



Steph's Summer Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pepperoncini peppers yellow hot chopped
- ☐ 4 ears corn kernels fresh
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 juice of lemon juiced

- ☐ 2 teaspoons olive oil
- ☐ 4 tomatoes chopped

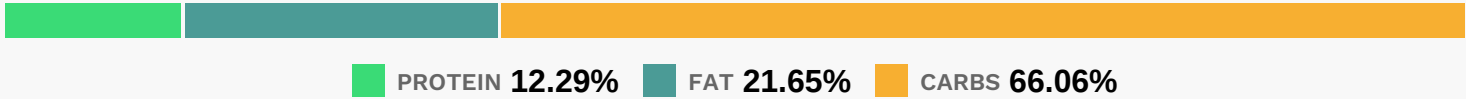
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix together corn kernels, tomatoes, hot yellow banana pepper, garlic, green bell pepper, basil, sage, thyme, lemon juice and olive oil. Cover and chill in the refrigerator at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:38.6, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:15.037826118262%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 106.63kcal (5.33%), Fat: 2.94g (4.52%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 16.62g (6.04%), Sugar: 8.01g (8.9%), Cholesterol: 0mg (0%), Sodium: 17.37mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Copper: 3.77mg (188.49%), Vitamin C: 49mg (59.39%), Vitamin A: 1159.45IU (23.19%), Manganese: 0.44mg (21.84%), Potassium: 510.71mg (14.59%), Fiber: 3.53g (14.11%), Folate: 50.7µg (12.67%), Vitamin K: 13.03µg (12.41%), Vitamin B6: 0.24mg (12.14%), Vitamin B1: 0.17mg (11.65%), Magnesium: 45.98mg (11.5%), Vitamin B3: 2.07mg (10.35%), Phosphorus: 98.76mg (9.88%), Vitamin B5: 0.66mg (6.6%), Iron: 1.18mg (6.53%), Vitamin E: 0.95mg (6.33%), Vitamin B2: 0.08mg (4.61%), Zinc: 0.61mg (4.07%), Calcium: 31.33mg (3.13%)