



Summer Anytime Crisp Corn Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 0.5 cup bell pepper green chopped
- 1 pinch salt and ground pepper black
- 1 tablespoon olive oil
- 0.5 cup bell pepper red chopped
- 15.3 ounce regular corn sweet drained canned
- 0.3 cup onion sweet chopped
- 1 small tomatoes chopped

- 1 tablespoon water
- 2 tablespoons sugar white

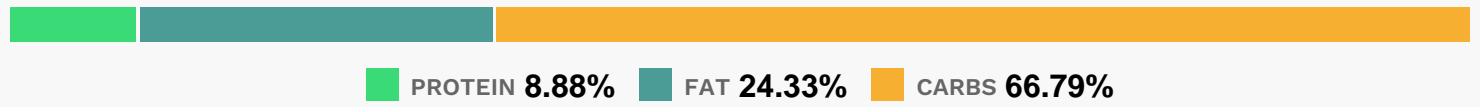
Equipment

- bowl
- whisk

Directions

- Whisk together the apple cider vinegar, sugar, olive oil, water, salt, and pepper in a large bowl.
- Add the corn, green and red bell peppers, onion, and tomato, and lightly toss. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:69.4, Glycemic Load:15.9, Inflammation Score:-8, Nutrition Score:10.020434897879%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 177.15kcal (8.86%), Fat: 5.28g (8.13%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 28.95g (10.53%), Sugar: 13.44g (14.93%), Cholesterol: 0mg (0%), Sodium: 5.47mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin C: 48.52mg (58.81%), Vitamin A: 1126.1IU (22.52%), Fiber: 3.7g (14.8%), Manganese: 0.29mg (14.58%), Vitamin B6: 0.28mg (14.09%), Vitamin B3: 2.24mg (11.22%), Potassium: 386mg (11.03%), Folate: 41.77µg (10.44%), Phosphorus: 101.79mg (10.18%), Vitamin B5: 0.97mg (9.67%), Magnesium: 36.54mg (9.14%), Vitamin B1: 0.14mg (9.01%), Vitamin E: 1.09mg (7.27%), Vitamin K: 6.71µg (6.39%), Zinc: 0.8mg (5.35%), Vitamin B2: 0.09mg (5.34%), Copper: 0.09mg (4.58%), Iron: 0.77mg (4.3%), Calcium: 12.46mg (1.25%)