



Summer Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 6 ears corn husked cleaned
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 1 large onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 3 large tomatoes diced
- ☐ 2 tablespoons vinegar white

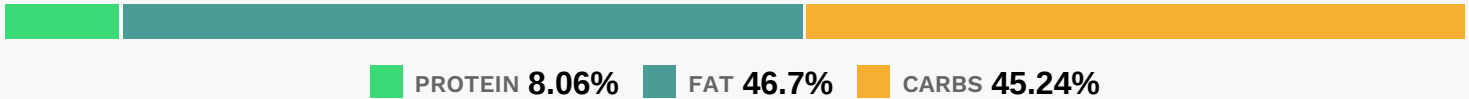
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness.
- ☐ Drain, cool, and cut kernels off the cob with a sharp knife.
- ☐ In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:2.18, Inflammation Score:-9, Nutrition Score:14.003913112309%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 276.8kcal (13.84%), Fat: 15.64g (24.07%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 29.1g (10.58%), Sugar: 13.64g (15.15%), Cholesterol: 0mg (0%), Sodium: 222.85mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.15%), Vitamin C: 30.93mg (37.49%), Vitamin A: 1469.37IU (29.39%), Vitamin K: 25.69µg (24.47%), Manganese: 0.45mg (22.31%), Potassium: 747.52mg (21.36%), Folate: 85.32µg (21.33%), Fiber: 5g (20%), Vitamin E: 2.8mg (18.63%), Vitamin B1: 0.28mg (18.5%), Magnesium: 69.76mg (17.44%), Phosphorus: 164.95mg (16.49%), Vitamin B3: 3.26mg (16.29%), Vitamin B6: 0.28mg (14.1%), Vitamin B5: 1.14mg (11.39%), Copper: 0.17mg (8.72%), Iron: 1.28mg (7.09%), Vitamin B2: 0.11mg (6.56%), Zinc: 0.93mg (6.2%), Calcium: 28.36mg (2.84%), Selenium: 1.04µg (1.49%)