



Summer Corn Salad with Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus spears trimmed cut into 1-inch pieces
- ☐ 1 tablespoon balsamic vinegar
- ☐ 6 basil leaves chopped
- ☐ 6 ears corn
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 7 ounce roasted peppers sweet red drained chopped
- ☐ 3 servings salt and pepper black to taste

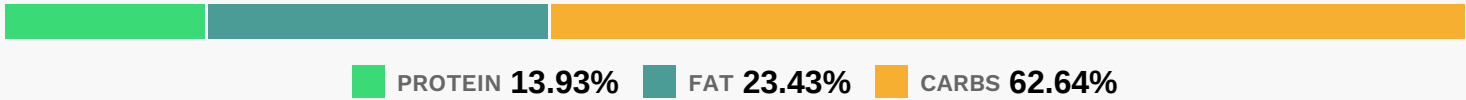
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ colander

Directions

- ☐ Preheat an outdoor grill for medium–low heat and lightly oil grate.
- ☐ Place the ears of corn on the grill and cook until the kernels are tender, about ten minutes turning frequently.
- ☐ Remove the ears from the grill and cool.
- ☐ Cut the kernels off of the cob.
- ☐ Fill a large saucepan with lightly salted water and bring to a boil over high heat.
- ☐ Add asparagus and cook until just tender, about 1 minute.
- ☐ Drain in a colander and rinse immediately under cold, running water until well chilled. Set aside.
- ☐ Combine the corn, asparagus, roasted peppers, garlic, basil, olive oil, and balsamic vinegar in a large bowl; season with salt and pepper to taste.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:71.33, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:28.357826004858%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

21.16mg, Quercetin: 21.16mg, Quercetin: 21.16mg, Quercetin: 21.16mg

Nutrients (% of daily need)

Calories: 251.11kcal (12.56%), Fat: 7.49g (11.52%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 36.87g (13.41%), Sugar: 17.69g (19.65%), Cholesterol: 0mg (0%), Sodium: 228.13mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.04%), Vitamin C: 106.08mg (128.58%), Vitamin A: 3584.1IU (71.68%), Vitamin K: 72.34µg (68.9%), Folate: 184.63µg (46.16%), Vitamin B1: 0.53mg (35.57%), Fiber: 8.19g (32.78%), Manganese: 0.65mg (32.73%), Potassium: 945.01mg (27%), Vitamin B3: 5.32mg (26.61%), Vitamin B6: 0.52mg (26.12%), Phosphorus: 259.92mg (25.99%), Iron: 4.56mg (25.31%), Magnesium: 97.19mg (24.3%), Vitamin E: 3.55mg (23.64%), Vitamin B2: 0.37mg (21.74%), Copper: 0.4mg (20.13%), Vitamin B5: 1.92mg (19.25%), Zinc: 1.84mg (12.25%), Selenium: 4.88µg (6.98%), Calcium: 50.87mg (5.09%)