



Summery Confetti Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado cut into chunks
- ☐ 10 basil
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups ears corn fresh (6 ears)
- ☐ 1 cup grape tomatoes halved lengthwise
- ☐ 2 cups green beans cut into 1-inch pieces*
- ☐ 1 teaspoon honey
- ☐ 1 jalapeno minced seeded

- ☐ 1 teaspoon kosher salt
- ☐ 16 ounces lima beans *soaked overnight frozen thawed
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion red minced
- ☐ 0.3 cup red wine vinegar

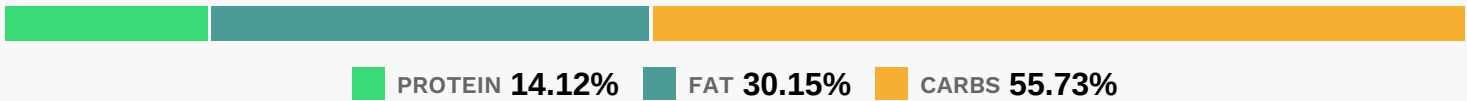
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, toss together corn, lima beans, green beans, tomatoes, onion, avocado, jalapeño and basil. In a second bowl, whisk together oil, vinegar, honey, salt and pepper.
- ☐ Add vinaigrette to salad and toss to coat. Refrigerate for an hour before serving to let it marinate, if you can stand to wait.
- ☐ *Blanching makesbeans tender andbright. Boil 'em for30 seconds, thenplunge into ice waterto stop the cooking.**Chiffonade is afancy word forcutting leafy greensinto ribbons. Stackthe leaves, rollup and slice thinly.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:46.1, Glycemic Load:4.02, Inflammation Score:-7, Nutrition Score:13.583478430043%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 212.51kcal (10.63%), Fat: 7.71g (11.86%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 23.73g (8.63%), Sugar: 8.95g (9.95%), Cholesterol: 0mg (0%), Sodium: 308.22mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Fiber: 8.33g (33.31%), Manganese: 0.57mg (28.41%), Folate: 112.48µg (28.12%), Vitamin K: 24.19µg (23.04%), Potassium: 733.33mg (20.95%), Vitamin C: 16.3mg (19.75%), Magnesium: 69.54mg (17.38%), Vitamin B1: 0.26mg (17.04%), Phosphorus: 159.91mg (15.99%), Vitamin B6: 0.3mg (14.88%), Copper: 0.26mg (12.98%), Iron: 2.31mg (12.84%), Vitamin B5: 1.21mg (12.08%), Vitamin B3: 2.31mg (11.56%), Vitamin A: 563.28IU (11.27%), Vitamin E: 1.35mg (8.97%), Vitamin B2: 0.14mg (8.28%), Zinc: 1.16mg (7.74%), Selenium: 3.32µg (4.75%), Calcium: 30.8mg (3.08%)