




 **59%**  
HEALTH SCORE

# Sweet Corn and Sun-Dried Tomato Salsa


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




**15 min.**

SERVINGS



**4**

CALORIES



**298 kcal**

**ANTIPASTI** **STARTER** **SNACK** **APPETIZER**

## Ingredients

- 15.3 oz corn kernels sweet whole drained canned
- 15 oz cannellini beans rinsed drained canned
- 1 avocado pitted peeled chopped
- 2 tablespoons sun-dried tomatoes chopped in oil
- 2 teaspoons sun-dried olives
- 2 tablespoons parsley fresh chopped
- 1 juice of lemon
- 1 serving salt and pepper to taste

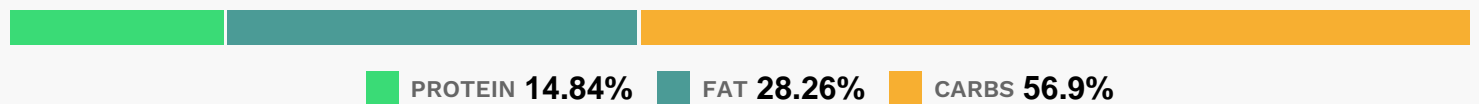
## Equipment

- bowl
- sauce pan

## Directions

- Fill small saucepan three-fourths full of water; heat to boiling.
- Add corn; cook 5 minutes.
- Drain; rinse with cold water until cool.
- In medium bowl, gently mix corn, beans, avocado, tomatoes, oil, parsley and lemon juice. Season with salt and pepper.
- Serve immediately or refrigerate until serving time.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:6.11, Inflammation Score:-7, Nutrition Score:18.936087069304%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 298.49kcal (14.92%), Fat: 10.16g (15.63%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 34.57g (12.57%), Sugar: 6.57g (7.3%), Cholesterol: 0mg (0%), Sodium: 302.35mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.01%), Fiber: 11.45g (45.81%), Vitamin K: 47.5µg (45.23%), Manganese: 0.83mg (41.31%), Folate: 157.71µg (39.43%), Potassium: 1088.08mg (31.09%), Vitamin C:

20.81mg (25.22%), Iron: 4.3mg (23.89%), Magnesium: 95.06mg (23.77%), Copper: 0.45mg (22.6%), Phosphorus: 193.4mg (19.34%), Vitamin B2: 0.24mg (14.37%), Vitamin B6: 0.29mg (14.29%), Vitamin B5: 1.38mg (13.83%), Vitamin B1: 0.21mg (13.77%), Vitamin E: 2mg (13.36%), Zinc: 1.99mg (13.27%), Vitamin B3: 2.6mg (13%), Calcium: 96.31mg (9.63%), Vitamin A: 407.55IU (8.15%), Selenium: 2.92µg (4.17%)