



Sweet Corn and Tomato Salad with Fresh Cilantro



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ears corn fresh husked
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 pounds plum tomatoes cut into 1/2-inch cubes
- ☐ 0.8 cup onion red finely chopped
- ☐ 1 tablespoon red wine vinegar

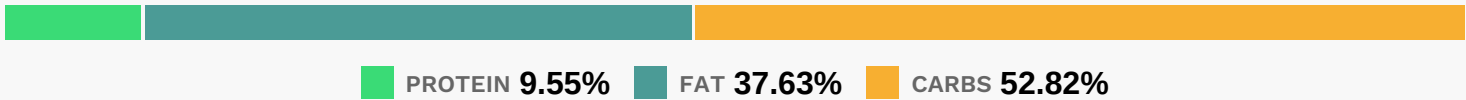
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook corn in large pot with boiling salted water until just tender, about 5 minutes.
- ☐ Drain; cool to room temperature.
- ☐ Cut corn kernels from cobs.
- ☐ Transfer corn to large bowl.
- ☐ Add remaining ingredients; toss to blend. Season salad to taste with salt and pepper. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature, tossing occasionally.)

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:8.6521739130435%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 146.73kcal (7.34%), Fat: 6.81g (10.48%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 18.4g (6.69%), Sugar: 8.54g (9.48%), Cholesterol: 0mg (0%), Sodium: 19.11mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Vitamin C: 19.66mg (23.83%), Vitamin A: 978.21IU (19.56%), Potassium: 480.33mg (13.72%), Folate: 54.18µg (13.55%), Manganese: 0.27mg (13.48%), Vitamin K: 13.22µg (12.59%), Fiber: 3.12g (12.46%), Vitamin B1: 0.18mg (11.94%), Magnesium: 44.75mg (11.19%), Vitamin B3: 2.15mg (10.77%), Phosphorus: 105.86mg (10.59%), Vitamin E: 1.35mg (9.02%), Vitamin B6: 0.17mg (8.59%), Vitamin B5: 0.75mg (7.45%), Copper: 0.11mg (5.44%), Iron: 0.79mg (4.38%), Vitamin B2: 0.07mg (4.19%), Zinc: 0.59mg (3.95%), Calcium: 14.31mg (1.43%)