



Toasted Corn-Sweet Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups regular corn frozen dry thawed
- ☐ 0.3 cup green onions sliced (3)
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 small bell pepper red thinly sliced
- ☐ 0.3 cup roasted tomato salsa
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons vegetable oil divided

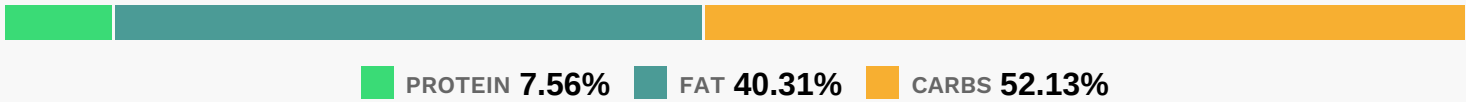
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium-high heat, add 1 tablespoon vegetable oil. When hot, add corn and cook, stirring infrequently until corn toasts and browns slightly on all sides.
- ☐ In a large bowl, combine the lime juice, remaining 1 tablespoon vegetable oil, and the roasted tomato salsa.
- ☐ Add the toasted corn kernels, sliced red pepper, and the sliced green onion. Toss to coat with the dressing. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:7.4343477383904%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 151.27kcal (7.56%), Fat: 7.52g (11.57%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 18.88g (6.87%), Sugar: 1.22g (1.35%), Cholesterol: 0mg (0%), Sodium: 112.19mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin K: 26.76µg (25.49%), Vitamin C: 20.39mg (24.71%), Fiber: 3g (12%), Folate: 42.3µg (10.57%), Vitamin B6: 0.21mg (10.44%), Potassium: 326.96mg (9.34%), Manganese: 0.18mg (9.13%), Vitamin A: 435.65IU (8.71%), Vitamin B3: 1.7mg (8.49%), Phosphorus: 82.38mg (8.24%), Magnesium: 31.67mg (7.92%), Vitamin B1: 0.1mg (6.68%), Vitamin E: 0.94mg (6.3%), Vitamin B2: 0.09mg (5.38%), Zinc: 0.66mg (4.41%), Iron: 0.78mg (4.31%), Vitamin B5: 0.31mg (3.15%), Copper: 0.06mg (3.09%), Calcium: 13.97mg (1.4%), Selenium: 0.86µg (1.23%)