



Tomato and Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 4 cups arugula
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 1.3 cups regular corn cooked (2 ears)
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 2.5 pounds heirloom tomatoes cut into bite-size wedges
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 1 onion red thinly sliced
- ☐ 0.3 teaspoon salt

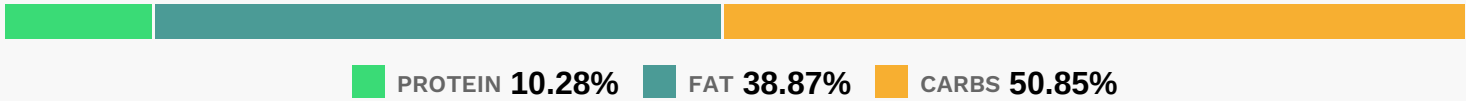
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk together oil, vinegar, mustard, salt and pepper. Stir in basil.
- ☐ Add tomatoes, corn, arugula and onion; toss to coat.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:56.08, Glycemic Load:5.86, Inflammation Score:-9, Nutrition Score:11.536521901255%

Flavonoids

Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg 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: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 4.94mg, Kaempferol: 4.94mg, Kaempferol: 4.94mg, Kaempferol: 4.94mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 118.79kcal (5.94%), Fat: 5.65g (8.7%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 13.03g (4.74%), Sugar: 7.74g (8.6%), Cholesterol: 0mg (0%), Sodium: 116.11mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin A: 2028.76IU (40.58%), Vitamin C: 31.2mg (37.81%), Vitamin K: 36.7µg (34.95%), Manganese: 0.36mg (17.82%), Potassium: 599.89mg (17.14%), Fiber: 3.61g (14.43%), Folate: 52.86µg (13.22%), Vitamin E: 1.79mg (11.95%), Vitamin B6: 0.23mg (11.47%), Magnesium: 38.35mg (9.59%), Vitamin B3: 1.74mg (8.68%), Phosphorus: 83.71mg (8.37%), Vitamin B1: 0.12mg (7.68%), Copper: 0.15mg (7.49%), Iron: 0.97mg (5.38%), Vitamin B5: 0.51mg (5.07%), Calcium: 48.19mg (4.82%), Vitamin B2: 0.07mg (4.22%), Zinc: 0.63mg (4.18%)