



## Tomato and Corn Salad with Marjoram



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

### Ingredients

- ☐ 4 large boston lettuce leaves
- ☐ 4 ears corn fresh husked
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 tablespoons marjoram fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon red wine vinegar
- ☐ 3 medium tomatoes chopped

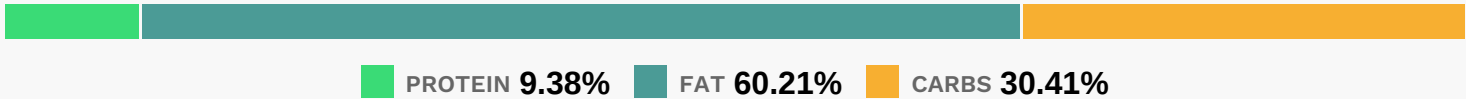
### Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

## Directions

- ☐ Cook corn in large pot of boiling salted water until tender, about 5 minutes. Cool.
- ☐ Cut kernels from cobs.
- ☐ Whisk oil and vinegar in medium bowl to blend.
- ☐ Add corn, tomatoes, feta, and marjoram; toss to coat.
- ☐ Arrange lettuce leaves on platter. Spoon tomato and corn salad onto leaves and serve.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:13.551304485487%

## Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 266.05kcal (13.3%), Fat: 18.97g (29.19%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 18.45g (6.71%), Sugar: 8.21g (9.12%), Cholesterol: 16.69mg (5.56%), Sodium: 233.74mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Vitamin K: 47.77µg (45.49%), Vitamin A: 1596.91IU (31.94%), Vitamin C: 20.66mg (25.04%), Folate: 70.11µg (17.53%), Vitamin E: 2.57mg (17.16%), Phosphorus: 171.26mg (17.13%), Potassium: 516.09mg (14.75%), Manganese: 0.29mg (14.36%), Vitamin B1: 0.21mg (14.13%), Vitamin B2: 0.24mg (13.86%), Vitamin B6: 0.25mg (12.51%), Fiber: 3.11g (12.42%), Magnesium: 49.61mg (12.4%), Vitamin B3: 2.39mg (11.97%), Calcium: 110.45mg (11.05%), Vitamin B5: 0.94mg (9.35%), Zinc: 1.15mg (7.68%), Iron: 1.18mg (6.55%), Copper: 0.11mg (5.66%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.44µg (4.92%)