

Tomato, Corn and Grape Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium tomatoes diced seeded
- 1 cup grapes green seedless halved
- 1 cup cucumber diced
- 15.3 oz corn sweet whole drained canned
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil
- 3 tablespoons parsley fresh chopped
- 1 serving salt and pepper

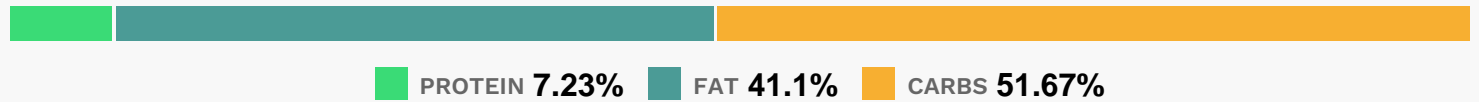
Equipment

- bowl
- whisk

Directions

- In medium bowl, stir together tomatoes, grapes, cucumber and corn.
- In small bowl, beat lemon juice, oil and parsley with whisk until blended. Season with salt and pepper.
- Add to corn mixture; toss.
- Refrigerate at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:3.72, Inflammation Score:-6, Nutrition Score:9.1391303587867%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 186.52kcal (9.33%), Fat: 8.83g (13.59%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 23.54g (8.56%), Sugar: 8.24g (9.15%), Cholesterol: 0mg (0%), Sodium: 231.05mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin K: 66.18µg (63.03%), Vitamin C: 20.88mg (25.31%), Vitamin A: 814.54IU (16.29%), Folate: 52.79µg (13.2%), Potassium: 416.74mg (11.91%), Vitamin E: 1.46mg (9.74%), Manganese: 0.19mg (9.4%), Phosphorus: 76.25mg (7.62%), Copper: 0.15mg (7.38%), Magnesium: 27.46mg (6.87%), Vitamin B3: 1.34mg (6.71%), Fiber: 1.44g (5.77%), Vitamin B1: 0.08mg (5.37%), Vitamin B6: 0.11mg (5.32%), Iron: 0.85mg (4.71%), Vitamin B2: 0.07mg (3.96%), Zinc: 0.53mg (3.52%), Calcium: 21.66mg (2.17%), Vitamin B5: 0.18mg (1.8%)