



## Tomato-Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

### Ingredients



0.3 cup basil chopped



3 ears corn sweet



0.3 cup onion diced red dry with paper towels cold rinsed



1 tablespoon rice wine vinegar



6 servings salt and pepper



1 pound tomatoes diced

### Equipment

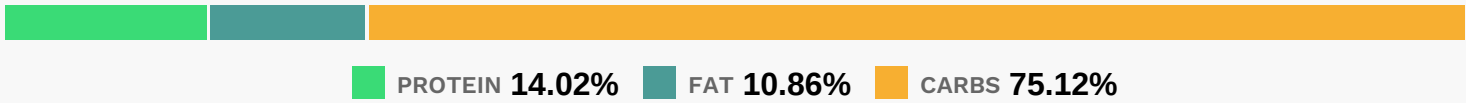


bowl

# Directions

- ☐
- Over a large bowl, cut kernels off corn cobs and stir in tomatoes and onion. Toss with vinegar and basil; season with salt and pepper to taste.
- ☐
- Tomatoes with wine: Parcel 104's Master Sommelier, Randall Bertao, likes wines with clean, focused flavors and a medium acidity to balance the tomatoes--such as Charles Melton Ros 2004 (Barossa Valley, Australia; \$1
- ☐
- and Merry Edwards Sauvignon Blanc 2005 (Russian River Valley, CA; \$27).

# Nutrition Facts



# Properties

Glycemic Index:30.83, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:5.5347826053267%

# Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

# Nutrients (% of daily need)

Calories: 55.68kcal (2.78%), Fat: 0.77g (1.19%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.07g (3.66%), Sugar: 5.09g (5.66%), Cholesterol: 0mg (0%), Sodium: 204.68mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin C: 14.09mg (17.08%), Vitamin A: 766.77IU (15.34%), Vitamin K: 10.28µg (9.79%), Manganese: 0.18mg (9.08%), Potassium: 313.45mg (8.96%), Folate: 32.19µg (8.05%), Fiber: 1.94g (7.75%), Vitamin B1: 0.1mg (6.74%), Magnesium: 26.3mg (6.58%), Vitamin B3: 1.26mg (6.31%), Phosphorus: 60.79mg (6.08%), Vitamin B6: 0.11mg (5.59%), Vitamin B5: 0.4mg (4%), Copper: 0.08mg (3.78%), Vitamin E: 0.45mg (2.99%), Iron: 0.49mg (2.7%), Vitamin B2: 0.04mg (2.45%), Zinc: 0.36mg (2.37%), Calcium: 12.04mg (1.2%)