



Tomato Stack Salad with Corn and Avocado

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 avocado ripe peeled thinly sliced
- 2 slices bacon halved
- 2 large beefsteak tomatoes cut into 8 (1/2-inch-thick) slices total
- 0.5 teaspoon pepper black divided freshly ground
- 2 teaspoons apple cider vinegar
- 2 ears corn
- 1 tablespoon basil fresh finely chopped
- 1 tablespoon chives fresh finely chopped

- 1 garlic clove minced
- 0.1 teaspoon kosher salt
- 0.3 cup buttermilk low-fat
- 2 tablespoons mayonnaise
- 4 teaspoons olive oil extra virgin extra-virgin
- 2 tomatoes cut into 8 (1/2-inch-thick) slices total

Equipment

- frying pan
- paper towels
- whisk
- grill

Directions

- Preheat the grill to high heat.
- Heat a large nonstick skillet over medium heat.
- Add bacon to pan; cook 8 minutes or until crisp, tossing occasionally to curl.
- Drain bacon on paper towels.
- Combine buttermilk and next 5 ingredients (through garlic), stirring with a whisk. Stir in 1/4 teaspoon pepper.
- Coat corn with cooking spray.
- Place corn on grill rack; grill 8 minutes or until well marked, turning occasionally.
- Remove from grill; cool slightly.
- Cut corn kernels from cobs.
- Sprinkle tomato slices evenly with salt. Alternate layers of tomato and avocado on each of 4 plates. Scatter corn evenly onto plates.
- Drizzle each tomato stack with about 1 1/2 tablespoons dressing and 1 teaspoon oil.
- Sprinkle remaining 1/4 teaspoon black pepper over salads; top each salad with 1 bacon piece.

Nutrition Facts

PROTEIN 8.84% FAT 60.7% CARBS 30.46%

Properties

Glycemic Index:95.75, Glycemic Load:2.69, Inflammation Score:-9, Nutrition Score:15.699565203294%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 258.01kcal (12.9%), Fat: 18.55g (28.53%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 15.47g (5.63%), Sugar: 9.86g (10.96%), Cholesterol: 10.8mg (3.6%), Sodium: 232.65mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.15%), Vitamin C: 38.2mg (46.3%), Vitamin A: 2125.35IU (42.51%), Vitamin K: 41.63µg (39.65%), Potassium: 849.75mg (24.28%), Fiber: 5.47g (21.87%), Manganese: 0.43mg (21.72%), Folate: 76.27µg (19.07%), Vitamin E: 2.67mg (17.81%), Vitamin B6: 0.34mg (16.92%), Vitamin B3: 3.08mg (15.39%), Phosphorus: 141.79mg (14.18%), Vitamin B1: 0.21mg (14.06%), Magnesium: 53.82mg (13.45%), Copper: 0.23mg (11.26%), Vitamin B5: 1mg (10.03%), Vitamin B2: 0.14mg (8.07%), Zinc: 0.99mg (6.57%), Iron: 1.16mg (6.43%), Calcium: 49.88mg (4.99%), Selenium: 3.17µg (4.53%), Vitamin B12: 0.1µg (1.61%)