



Tomato, Tomatillo, and Corn Salad with Avocado Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- 2 teaspoons chipotles in adobo minced (from 1 medium chipotle)
- 1 medium avocado
- 3 medium pepper flakes red seeded finely chopped
- 2 corn syrup white yellow
- 0.3 cup cilantro leaves fresh finely chopped
- 1 medium garlic clove smashed
- 1.5 cups jicama

- 6 servings kosher salt
- 3 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 1 pound roma tomatoes seeded (4 medium)
- 3 medium spring onion light white green thinly sliced (and parts only)
- 8 ounces tomatillos (4 medium)
- 3 tablespoons vegetable oil
- 0.3 cup water

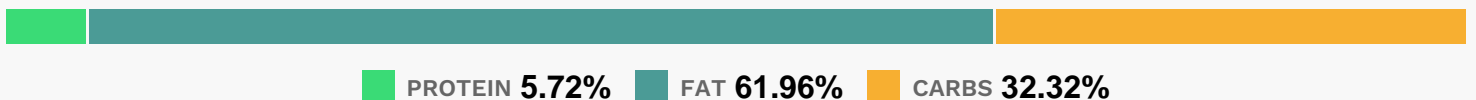
Equipment

- bowl
- paper towels
- knife
- blender

Directions

- For the dressing:Halve and pit the avocado, then scoop the flesh out into a blender.
- Place a large bowl on a damp towel. Fold a paper towel into fourths and place it inside the bowl. Stand one ear of corn on the paper towel, using the stem as a handle. Using a paring knife, slice downward, letting the kernels fall into the bowl. Rotate the cob and continue until all the kernels have been removed; discard the cob. Repeat with the remaining corn. You should have about 2 cups of kernels. Discard the paper towel.
- Add the remaining measured ingredients to the bowl, season with salt, and stir to combine.
- Drizzle with the dressing and stir until evenly coated. Taste and season with more salt as needed.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:2.11, Inflammation Score:-8, Nutrition Score:13.693913029588%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 167.37kcal (8.37%), Fat: 12.42g (19.11%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 8.35g (3.04%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 205.88mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin C: 61.04mg (73.99%), Vitamin K: 50.22µg (47.83%), Fiber: 6.23g (24.92%), Vitamin A: 1066.41IU (21.33%), Potassium: 599.98mg (17.14%), Vitamin B6: 0.31mg (15.51%), Vitamin E: 2.18mg (14.54%), Folate: 56.24µg (14.06%), Manganese: 0.28mg (13.95%), Vitamin B3: 2.14mg (10.71%), Copper: 0.2mg (9.8%), Magnesium: 37.27mg (9.32%), Phosphorus: 71.05mg (7.1%), Vitamin B5: 0.7mg (7.03%), Iron: 1.23mg (6.85%), Vitamin B1: 0.1mg (6.5%), Vitamin B2: 0.11mg (6.4%), Zinc: 0.58mg (3.89%), Calcium: 29.5mg (2.95%), Selenium: 0.8µg (1.14%)