



Wild Rocket and Grilled Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1 Handful basil fresh chopped
- ☐ 4 cobs of corn
- ☐ 1 Handful mint leaves fresh chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup orange blossom honey
- ☐ 3 tablespoons orange blossom water
- ☐ 3 tablespoons orange juice
- ☐ 3 tablespoons orange zest

- ☐ 1 package rocket washed (arugula)
- ☐ 6 servings sea salt and pepper black freshly ground fine
- ☐ 0.3 cup balsamic vinegar white

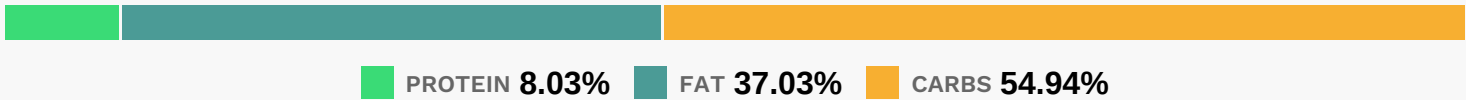
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Bring a large pot of water to a boil and par boil the corn.
- ☐ Remove the corn from the water and set aside.
- ☐ Preheat a grill or grill pan over medium heat.
- ☐ Grill the corn until lightly charred and the kernels are tender.
- ☐ Let cool slightly, and then slice the kernels off the cobs. In a saucepan, combine the honey, vinegar, orange blossom water, orange zest and orange juice and bring to a simmer over medium-low heat. Simmer until slightly thickened, about 7 minutes.
- ☐ In a large bowl, toss the corn with the dressing and the fresh herbs.
- ☐ To serve: On each plate compose a small stack of rocket and drizzle with the extra-virgin olive oil and a pinch of sea salt and pepper. Top with 2 tablespoons of corn mixture.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:4.2660869023074%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.35kcal (5.02%), Fat: 4.45g (6.84%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 13.22g (4.81%), Sugar: 6.06g (6.74%), Cholesterol: 0mg (0%), Sodium: 11.98mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin C: 12.71mg (15.4%), Folate: 29.82µg (7.45%), Vitamin B1: 0.11mg (7.01%), Manganese: 0.14mg (6.89%), Magnesium: 26.07mg (6.52%), Fiber: 1.62g (6.49%), Phosphorus: 58.41mg (5.84%), Potassium: 204.02mg (5.83%), Vitamin B3: 1.14mg (5.7%), Vitamin B5: 0.47mg (4.66%), Vitamin K: 4.08µg (3.89%), Vitamin A: 192.21IU (3.84%), Vitamin E: 0.58mg (3.84%), Vitamin B6: 0.07mg (3.31%), Iron: 0.51mg (2.81%), Vitamin B2: 0.04mg (2.39%), Copper: 0.05mg (2.33%), Zinc: 0.31mg (2.06%), Calcium: 12.79mg (1.28%)