



Zesty Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ears corn fresh
- 0.3 teaspoon ground cumin
- 1 small jalapeno minced
- 0.3 cup juice of lime fresh
- 0.5 teaspoon lime zest grated
- 2 teaspoons olive oil
- 0.3 teaspoon salt

Equipment

bowl

grill

Directions

Grill corn, covered with grill lid, over medium-high heat (350 to 40

minutes on each side or until browned on all sides.

Remove from grill; cool.

Cut corn from cob into a bowl; stir in juice and remaining ingredients.

Nutrition Facts



PROTEIN 11.31% **FAT 21.75%** **CARBS 66.94%**

Properties

Glycemic Index:8.63, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.7291304326576%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 69.56kcal (3.48%), Fat: 1.94g (2.98%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 11.97g (4.35%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 83.13mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin C: 8.98mg (10.88%), Folate: 29.59µg (7.4%), Vitamin B1: 0.11mg (7.18%), Magnesium: 26.08mg (6.52%), Phosphorus: 61.92mg (6.19%), Vitamin B3: 1.23mg (6.16%), Manganese: 0.12mg (5.77%), Fiber: 1.44g (5.76%), Potassium: 196.71mg (5.62%), Vitamin B5: 0.5mg (4.99%), Vitamin B6: 0.07mg (3.67%), Vitamin A: 149.73IU (2.99%), Vitamin B2: 0.04mg (2.34%), Iron: 0.41mg (2.28%), Zinc: 0.32mg (2.15%), Copper: 0.04mg (2%), Vitamin E: 0.27mg (1.82%), Vitamin K: 1.18µg (1.12%)