# Zippy Corn Relish

Vegetarian · Vegan · Gluten Free · Dairy Free

| READY IN | SERVINGS | CALORIES |
|---|---|---|
| 45 min. | 6 | 43 kcal |

SIDE DISH

## Ingredients

- [ ] 11 ounce regular corn mexican-style drained canned
- [ ] 1 teaspoon ground cumin
- [ ] 2 tablespoons juice of lime fresh ( 1 medium lime)
- [ ] 3 tablespoons salsa hot

## Equipment

## Directions

- [ ] Combine all ingredients; cover and chill until ready to serve.
- [ ] Serve with beef or turkey burgers, or grilled chicken.

## Nutrition Facts

PROTEIN **11.99%** FAT **16.97%** CARBS **71.04%**

### Properties

Glycemic Index:0.83, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.3304347771665%

### Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 43.28kcal (2.16%), Fat: 0.84g (1.29%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.68g (2.79%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 137.86mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Folate: 15.93µg (3.98%), Vitamin C: 2.56mg (3.1%), Potassium: 92.74mg (2.65%), Phosphorus: 26.23mg (2.62%), Vitamin B3: 0.52mg (2.59%), Manganese: 0.05mg (2.51%), Magnesium: 8.54mg (2.13%), Iron: 0.37mg (2.08%), Copper: 0.03mg (1.28%), Zinc: 0.18mg (1.21%)