



Zucchini, Tomato, and Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups cherry tomatoes halved lengthwise
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 cup corn kernels fresh (cut from 2 ears)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.3 teaspoons salt
- ☐ 0.5 teaspoon sugar

☐ 1.5 pounds zucchini

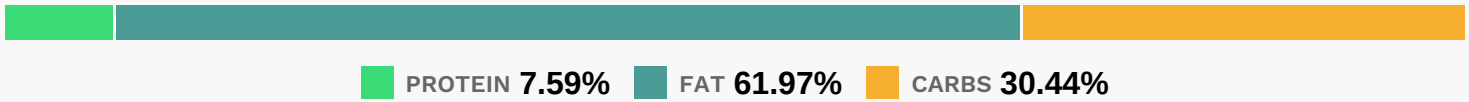
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Working with 1 zucchini at a time, cut lengthwise into very thin (julienne) strips with slicer, turning zucchini and avoiding core. Discard core.
- ☐ Toss zucchini strips with 1 teaspoon salt and let drain in a colander set over a bowl, covered and chilled, 1 hour.
- ☐ Gently squeeze handfuls of zucchini to remove excess water and pat dry with paper towels.
- ☐ Cook corn in a small saucepan of boiling water until tender, about 3 minutes.
- ☐ Drain, then rinse under cold water and pat dry.
- ☐ Whisk together lemon juice, sugar, pepper, and remaining 1/4 teaspoon salt in a large bowl, then add oil in a slow stream, whisking.
- ☐ Add zucchini, corn, tomatoes, and basil and toss well.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:13.289130433746%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 197.08kcal (9.85%), Fat: 14.65g (22.54%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 13.17g (4.79%), Sugar: 9.07g (10.08%), Cholesterol: 0mg (0%), Sodium: 754.39mg (32.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin C: 53.07mg (64.33%), Manganese: 0.47mg (23.72%), Vitamin K: 24.07µg (22.92%), Potassium: 718.34mg (20.52%), Vitamin B6: 0.38mg (18.8%), Vitamin E: 2.62mg (17.43%), Folate: 68.27µg (17.07%), Vitamin A: 852.55IU (17.05%), Magnesium: 52.38mg (13.09%), Fiber: 3.03g (12.1%), Phosphorus: 119.4mg (11.94%), Vitamin B2: 0.2mg (11.69%), Vitamin B1: 0.16mg (10.8%), Vitamin B3: 1.83mg (9.13%), Copper: 0.17mg (8.74%), Iron: 1.47mg (8.18%), Vitamin B5: 0.72mg (7.18%), Zinc: 0.83mg (5.56%), Calcium: 40.38mg (4.04%), Selenium: 0.95µg (1.36%)