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Easy Corn Salad ♦♦

This easy corn salad is a refreshing and delicious side dish that can be enjoyed year-round. It is made with fresh corn, colorful bell peppers, red onions, and a tangy vinaigrette dressing. Perfect for picnics, BBQs, or as a light lunch option.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|--------------------|
| 2 c | fresh corn kernels |
| 1 cup | Red Bell Pepper |
| 1 cup | yellow bell pepper |
| 1 cup | Green Bell Pepper |
| 1 cup | red onion |

2 olive oil
tablespoon

2 lemon juice
tablespoon

1 teaspoon dijon mustard

1 teaspoon honey

1 teaspoon salt

1 teaspoon black pepper

Directions

Step 1

In a large bowl, combine the fresh corn kernels, diced red, yellow, and green bell peppers, and finely chopped red onion.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, honey, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Pour the dressing over the corn and vegetable mixture and toss well to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 3 g | 17.65% | 17.65% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 25 g | 45.45% | 50% |
| Fibers | 4 g | 10.53% | 16% |
| Sugars | 8 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|---------------------|------|--------|-------|
| Monounsaturated Fat | 3 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 6 g | 21.43% | 24% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 80 mg | 88.89% | 106.67% |
| Vitamin B6 | 6 mg | 461.54% | 461.54% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 4 mg | 26.67% | 26.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 4 mg | 50% | 22.22% |
| Potassium | 250 mg | 7.35% | 9.62% |
| Zinc | 2 mg | 18.18% | 25% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Selenium | 0 mcg | 0% | 0% |

Recipe Attributes

Seasonality

Summer

Events

Barbecue

Picnic

Game Day

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Demographics

Lactation Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

The Gerson Therapy

The Beverly Hills Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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