 Derived from the growing problem in health specifically in damage caused by free radicals and the current style of healthy way, it is necessary search for antioxidants from natural sources, the genus *Erythrina coralloides* Dc. commonly called in Mexico “colorín” is widely used in the gastronomic traditional, in Lent and Holy Week, moreover, it use is not only limited to gastronomic purposes; but also the species is locally regarded as a food wild and ornamental tree. The main of this investigation was to evaluate the characteristics nutritional and phenolic compounds of flowers, such is the case the flowers of “colorín” is also evaluated from the aspect of potential health effect, as a source of antioxidants. The results of characteristics nutritional showed of crude protein (25.17 g/g dry wt), ash (7.86 g/g dry wt), crude fiber (12.11 g/g dry wt), crude fat (1.88 g/g dry wt) and carbohydrates (52.98 g/g dry wt). Edible flowers are rich sources of phenolic soluble compounds. The total phenolic content in water-soluble fraction of colorín was 22.46 mg gallic acid equivalents (GAE)/g 100 dry wt, the antioxidant power was calculated with two methods, DPPH value was 70.13 mM trolox/g 100 dry wt and the ABTS was 20.24 mM trolox/g 100 dry wt. The flowers of “colorín” are a new source of compounds nutraceutical due to the value nutritional and chemoprotective value.