



Cabbage Pico de Gallo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium head cabbage chopped
- 2 bunches cilantro leaves chopped
- 2 teaspoons garlic chopped
- 4 jalapeño peppers diced
- 3 juice of lime juiced
- 1 onion diced red
- 6 roma tomatoes diced (plum)
- 2 teaspoons salt

1 onion diced yellow

Equipment

bowl

plastic wrap

Directions

Mix cabbage, tomatoes, red onion, yellow onion, jalapeno pepper, cilantro, lime juice, garlic, and salt in a large bowl.

Cover bowl with plastic wrap and refrigerate at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:5.3508695001188%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 21.67kcal (1.08%), Fat: 0.11g (0.17%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 242.68mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin K: 39.05µg (37.19%), Vitamin C: 24.96mg (30.25%), Fiber: 1.67g (6.68%), Folate: 26.11µg (6.53%), Manganese: 0.12mg (6.03%), Vitamin A: 286.1IU (5.72%), Vitamin B6: 0.1mg (5.14%), Potassium: 154.95mg (4.43%), Vitamin B1: 0.04mg (2.87%), Calcium: 24.74mg (2.47%), Magnesium: 9.66mg (2.42%), Phosphorus: 21.66mg (2.17%), Vitamin E: 0.3mg (2.01%), Iron: 0.32mg (1.77%), Vitamin B2: 0.03mg (1.7%), Vitamin B5: 0.15mg (1.47%), Copper: 0.03mg (1.46%), Vitamin B3: 0.28mg (1.41%)