



## Chef Scott's Pico de Gallo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 1 tablespoon ground pepper black
- 2 jalapeño peppers minced seeded
- 2 tablespoons juice of lime
- 1 large onion red cut into 1/4-inch dice
- 2 tablespoons salt
- 7 tomatoes cut into 1/4-inch dice

- 0.5 cup vegetable oil
- 0.5 cup distilled vinegar white

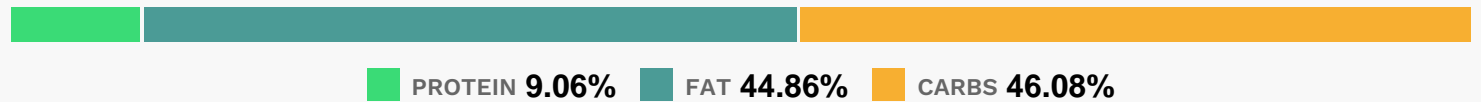
## Equipment

- mixing bowl

## Directions

- Place the tomatoes, red onion, cilantro, jalapeno pepper, salt, black pepper, garlic, and lime juice into a large mixing bowl.
- Pour in the vinegar and vegetable oil, and gently mix to combine. Cover, and refrigerate 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:40.17, Glycemic Load:2.17, Inflammation Score:-8, Nutrition Score:9.3047825046208%

## 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: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

## Nutrients (% of daily need)

Calories: 77.43kcal (3.87%), Fat: 4.03g (6.19%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.9g (5.45%), Cholesterol: 0mg (0%), Sodium: 2336.93mg (101.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin C: 29.91mg (36.25%), Vitamin K: 37.18µg (35.41%), Vitamin A: 1614.01IU (32.28%), Manganese: 0.38mg (19.14%), Potassium: 431.61mg (12.33%), Fiber: 2.61g (10.46%), Vitamin E: 1.4mg (9.32%), Vitamin B6: 0.19mg (9.28%), Folate: 30.28µg (7.57%), Copper: 0.13mg (6.38%), Magnesium: 22.42mg (5.61%), Vitamin B3: 1.02mg (5.1%), Phosphorus: 48.7mg (4.87%), Vitamin B1: 0.07mg (4.8%), Iron: 0.68mg (3.8%), Calcium: 32.96mg (3.3%), Vitamin B2: 0.05mg (2.83%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.22mg (2.23%)