



Chipotle Pico De Gallo

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 chipotles in adobo chopped (from 11-oz. can)
- 1 cup cucumber seedless unpeeled coarsely chopped
- 1 tablespoon honey
- 0.5 cup jicama peeled chopped
- 1 tablespoon juice of lime
- 2 cranberry-orange relish seedless peeled coarsely chopped
- 0.5 cup bell pepper red chopped
- 0.3 teaspoon salt

Equipment

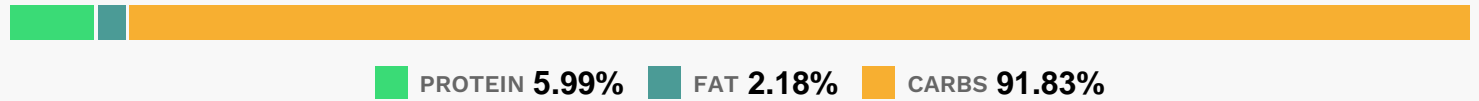
bowl

Directions

In medium bowl, combine all ingredients; mix well.

Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:2.4756521504858%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 22.53kcal (1.13%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 4.49g (1.63%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 49.21mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Vitamin C: 21.28mg (25.8%), Vitamin A: 254.5IU (5.09%), Fiber: 1.22g (4.89%), Folate: 10.82µg (2.71%), Potassium: 75.87mg (2.17%), Vitamin B6: 0.04mg (1.89%), Vitamin B1: 0.03mg (1.74%), Vitamin K: 1.75µg (1.67%), Magnesium: 4.84mg (1.21%), Manganese: 0.02mg (1.21%), Calcium: 11.51mg (1.15%), Vitamin B2: 0.02mg (1.13%), Vitamin E: 0.17mg (1.12%), Vitamin B5: 0.11mg (1.07%)