



Chipotle Pico de Gallo



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



155 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

12 servings tortillas whole

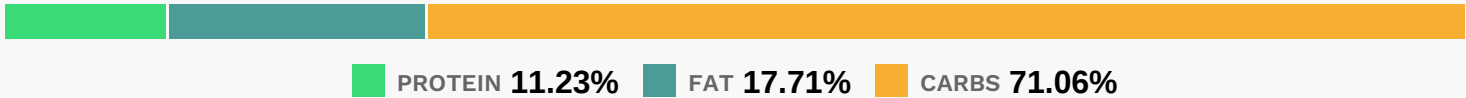
Equipment

bowl

Directions

- In medium bowl, mix all ingredients except chips.
- Serve immediately with chips, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:3.6304347307786%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 6.06mg, 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: 155.47kcal (7.77%), Fat: 3.12g (4.81%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 23.91g (8.69%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 335.33mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Vitamin C: 21.28mg (25.8%), Fiber: 4.29g (17.14%), Calcium: 93.29mg (9.33%), Iron: 1.28mg (7.1%), Vitamin A: 254.5IU (5.09%), 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%), Vitamin B2: 0.02mg (1.13%), Vitamin E: 0.17mg (1.12%), Vitamin B5: 0.11mg (1.07%)