



## El Paso Pico de Gallo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 tsp pepper black
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.3 cup lime zest kraft
- 0.3 cup onions finely chopped
- 2 jalapeño peppers seeded finely chopped
- 1 lb plum tomatoes seeded chopped
- 14 oz tortilla chips

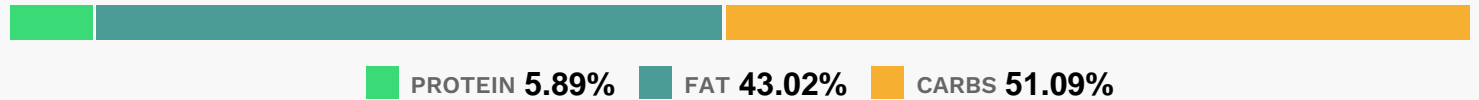
# Equipment

## Directions

Combine all ingredients except chips.

Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:7.04, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:3.1465217237887%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg 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: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 96.54kcal (4.83%), Fat: 4.79g (7.37%), Saturated Fat: 0.71g (4.47%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 11.45g (4.16%), Sugar: 1.03g (1.14%), Cholesterol: 0mg (0%), Sodium: 55.73mg (2.42%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin C: 10.85mg (13.15%), Vitamin K: 8.85µg (8.43%), Vitamin E: 0.85mg (5.65%), Fiber: 1.35g (5.39%), Phosphorus: 44.9mg (4.49%), Magnesium: 17.36mg (4.34%), Vitamin A: 206.16IU (4.12%), Vitamin B6: 0.07mg (3.65%), Potassium: 98.12mg (2.8%), Vitamin B1: 0.04mg (2.5%), Manganese: 0.05mg (2.34%), Vitamin B5: 0.23mg (2.28%), Calcium: 21.67mg (2.17%), Iron: 0.35mg (1.96%), Zinc: 0.28mg (1.87%), Copper: 0.04mg (1.81%), Folate: 6.35µg (1.59%), Vitamin B3: 0.31mg (1.53%), Selenium: 0.82µg (1.17%), Vitamin B2: 0.02mg (1.13%)