

Erin's Pico de Gallo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cilantro leaves fresh minced
- ☐ 3 jalapeno minced seeded
- ☐ 0.5 cup juice of lime sweetened
- ☐ 1.5 pounds onion diced red
- ☐ 3 pounds roma tomatoes diced
- ☐ 1 tablespoon taco seasoning

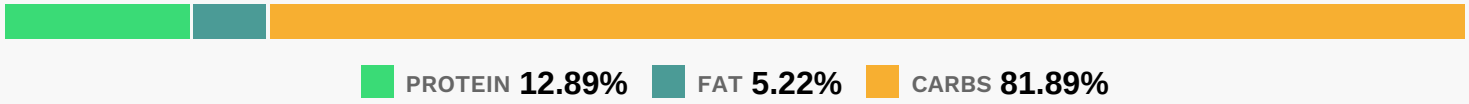
Equipment

- ☐ mixing bowl

Directions

- ☐ Place the tomatoes, onion, jalapeno peppers, cilantro, and lime juice into a large mixing bowl.
- ☐ Sprinkle with taco seasoning and stir gently until evenly mixed. Cover and refrigerate at least 1 hour to allow the flavors to blend before serving.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:2.85, Inflammation Score:-8, Nutrition Score:8.237826101158%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg

Nutrients (% of daily need)

Calories: 56.79kcal (2.84%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 10.09g (3.67%), Sugar: 6.9g (7.67%), Cholesterol: 0mg (0%), Sodium: 30.8mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin C: 32.83mg (39.8%), Vitamin A: 1317.63IU (26.35%), Vitamin K: 16.83µg (16.03%), Potassium: 454.75mg (12.99%), Manganese: 0.26mg (12.8%), Fiber: 3.05g (12.19%), Vitamin B6: 0.22mg (10.75%), Folate: 36.67µg (9.17%), Vitamin E: 0.97mg (6.44%), Magnesium: 23.79mg (5.95%), Vitamin B1: 0.09mg (5.83%), Copper: 0.12mg (5.78%), Phosphorus: 55.94mg (5.59%), Vitamin B3: 0.98mg (4.88%), Calcium: 32.53mg (3.25%), Iron: 0.58mg (3.2%), Vitamin B2: 0.05mg (3.03%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.24mg (2.42%)