



Ex-Girlfriend's Mom's Salsa Fresca (Pico de Gallo)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 1 jalapeno seeded finely chopped to taste
- 2 juice of lime juiced
- 1 cup onion red finely chopped
- 2.5 cups roma tomatoes seeded chopped (plum)
- 1 teaspoon salt

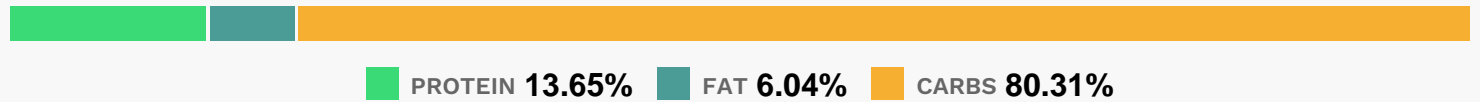
Equipment

bowl

Directions

- Mix red onion, jalapeno pepper, and lime juice in a bowl. Allow to stand for 5 minutes.
- Mix in Roma tomatoes, cilantro, and salt; allow to stand 15 more minutes for flavors to blend.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:5.3786956946487%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 31.89kcal (1.59%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 5.59g (2.03%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 394.46mg (17.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 21.61mg (26.19%), Vitamin A: 941.82IU (18.84%), Vitamin K: 12.52µg (11.92%), Potassium: 297.08mg (8.49%), Manganese: 0.16mg (7.88%), Fiber: 1.78g (7.12%), Vitamin B6: 0.13mg (6.32%), Folate: 22.31µg (5.58%), Vitamin E: 0.68mg (4.51%), Copper: 0.08mg (3.78%), Magnesium: 15.02mg (3.75%), Vitamin B1: 0.05mg (3.54%), Phosphorus: 34.04mg (3.4%), Vitamin B3: 0.68mg (3.38%), Iron: 0.36mg (2.02%), Calcium: 18.8mg (1.88%), Vitamin B2: 0.03mg (1.84%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.48%)