



Lone Star Pico de Gallo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons jalapeño chilies minced
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup onion diced finely
- ☐ 2 cups tomatoes diced

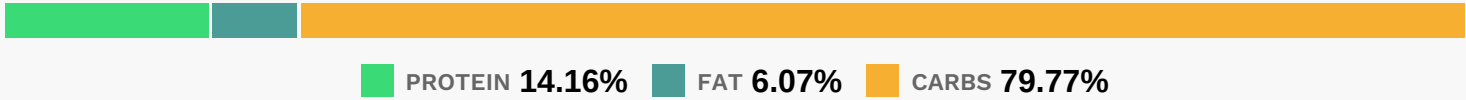
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, mix tomatoes, onion, jalapeo chilies, cilantro, lime juice, and garlic powder.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:2.45956522939%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 13.88kcal (0.69%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 3.02mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Vitamin C: 12.49mg (15.14%), Vitamin A: 381.81IU (7.64%), Vitamin K: 5.08µg (4.84%), Potassium: 124.19mg (3.55%), Manganese: 0.07mg (3.35%), Vitamin B6: 0.07mg (3.3%), Fiber: 0.72g (2.88%), Folate: 9.12µg (2.28%), Copper: 0.03mg (1.69%), Vitamin E: 0.25mg (1.67%), Magnesium: 6.53mg (1.63%), Vitamin B1: 0.02mg (1.54%), Phosphorus: 14.99mg (1.5%), Vitamin B3: 0.29mg (1.46%), Iron: 0.18mg (1.02%)