



Mexican chopped salad (Pico de gallo)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 tomatoes chopped



1 onion red finely chopped



1 tbsp jalapeno drained finely chopped



2 garlic clove crushed



1 small bunch cilantro leaves roughly chopped



1 juice of lime

Equipment

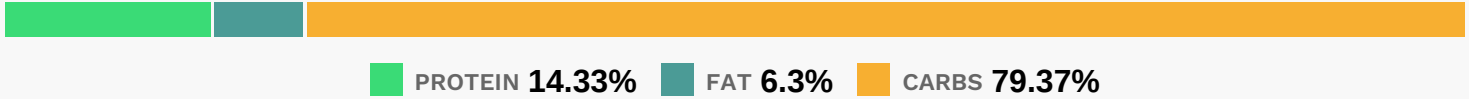


bowl

Directions

☐ Stir all the ingredients together in a medium bowl with some seasoning then put it into the fridge to chill. You could do this the day before. About 20 mins before you are ready to eat, take the salad out and bring it back to room temperature.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:6.8360869236614%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 38.8kcal (1.94%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.71g (5.24%), Cholesterol: 0mg (0%), Sodium: 8.69mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin C: 26.59mg (32.23%), Vitamin A: 1204.41IU (24.09%), Vitamin K: 16.79µg (15.99%), Manganese: 0.21mg (10.71%), Potassium: 366.17mg (10.46%), Fiber: 2.17g (8.66%), Vitamin B6: 0.17mg (8.58%), Folate: 26.72µg (6.68%), Vitamin E: 0.87mg (5.81%), Copper: 0.1mg (4.8%), Magnesium: 18.34mg (4.58%), Vitamin B1: 0.07mg (4.39%), Phosphorus: 42.78mg (4.28%), Vitamin B3: 0.85mg (4.27%), Iron: 0.47mg (2.59%), Calcium: 24.18mg (2.42%), Vitamin B2: 0.04mg (2.32%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.18mg (1.85%)