



Miki's Jicama (Pico de Gallo Salsa)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons garlic chopped
- ☐ 6 jalapeño peppers diced seeded finely
- ☐ 4 juice of lime juiced
- ☐ 4 poblano peppers diced finely
- ☐ 1 onion diced red finely
- ☐ 12 roma tomatoes diced finely (plum)
- ☐ 0.3 cup salt

- ☐ 3 tablespoons balsamic vinegar white
- ☐ 2 jicamas diced peeled finely
- ☐ 2 jicamas diced peeled finely

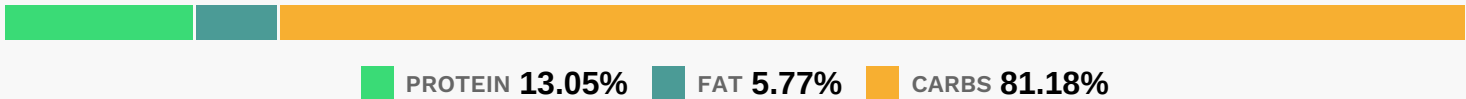
Equipment

- ☐ mixing bowl

Directions

- ☐ Toss diced tomatoes, jicamas, poblano peppers, red onions, and jalapeno peppers with garlic, lime juice, cilantro, white balsamic vinegar, and salt together in a large mixing bowl.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:2.32, Inflammation Score:-8, Nutrition Score:10.605217500873%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 50.8kcal (2.54%), Fat: 0.37g (0.57%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 8.85g (3.22%), Sugar: 6.07g (6.75%), Cholesterol: 0mg (0%), Sodium: 3546.39mg (154.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin C: 79.62mg (96.51%), Vitamin A: 1149.81IU (23%), Vitamin B6: 0.31mg (15.59%), Vitamin K: 15.44µg (14.7%), Manganese: 0.28mg (13.93%), Potassium: 410.29mg (11.72%), Fiber: 2.79g (11.17%), Vitamin E: 1.15mg (7.66%), Folate: 27.25µg (6.81%), Copper: 0.12mg (6.14%), Vitamin B1: 0.09mg (5.93%), Magnesium: 22.02mg (5.51%), Vitamin B3: 1.04mg (5.18%), Phosphorus: 49.01mg (4.9%), Iron: 0.66mg (3.64%), Calcium: 31.35mg (3.13%), Vitamin B2: 0.05mg (3.04%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.34mg (2.24%)