



Pico de Gallo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cilantro leaves fresh
- ☐ 2 to 3 jalapenos
- ☐ 1 lime
- ☐ 12 roma tomatoes ripe fine (slightly under is)
- ☐ 6 servings salt
- ☐ 3 onions red yellow

Equipment

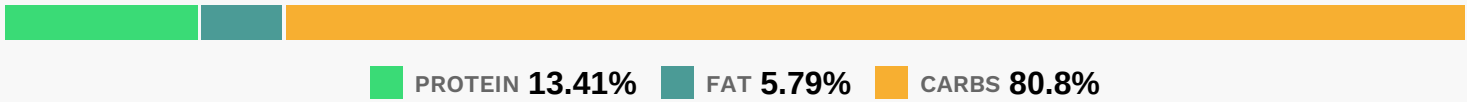
- ☐ bowl

☐ oven

Directions

- ☐ Dice up equal quantities of tomatoes and onions. Roughly chop the cilantro.
- ☐ Now, slice 1 or 2 jalapenos in half. With a spoon, scrape out the seeds. (If you like things spicy, leave in some of the white membranes.) Dice the jalapenos very finely; you want a hint of heat and jalapeno flavor, but you don't want to cause any fires. Now dump the four ingredients into a bowl.
- ☐ Slice the lime in half and squeeze the juice from half the lime into the bowl.
- ☐ Sprinkle with salt, and stir together until combined. Be sure to taste the pico de gallo and adjust the seasonings, adding salt or more diced jalapeno if needed.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:8.5326086567796%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 14.99mg, Quercetin: 14.99mg, Quercetin: 14.99mg, Quercetin: 14.99mg

Nutrients (% of daily need)

Calories: 50.25kcal (2.51%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 8.62g (3.13%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 205.01mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin C: 31.28mg (37.92%), Vitamin A: 1449.8IU (29%), Vitamin K: 27.48µg (26.17%), Potassium: 424.97mg (12.14%), Fiber: 3.02g (12.06%), Manganese: 0.24mg (12.05%), Vitamin B6: 0.2mg (9.88%), Folate: 34.51µg (8.63%), Vitamin E: 1.01mg (6.7%), Copper: 0.12mg (5.81%), Magnesium: 21.9mg (5.48%), Vitamin B1: 0.08mg (5.33%), Phosphorus: 51.49mg (5.15%), Vitamin B3: 0.94mg (4.71%), Iron: 0.63mg (3.47%), Calcium: 32.99mg (3.3%), Vitamin B2: 0.05mg (3.09%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.35mg (2.34%)