



Pico de Gallo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon jalapeno minced
- 10 servings kosher salt
- 2 cups tomatoes diced
- 0.5 medium onion diced white

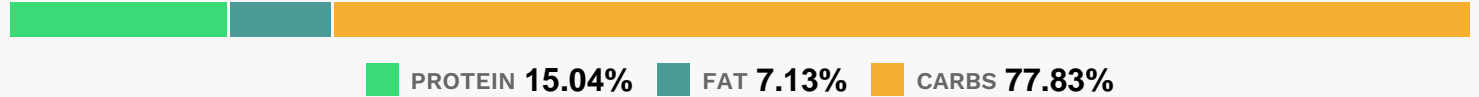
Equipment

- bowl

Directions

- Place 1 cup cold water and 2 icecubes in a medium bowl.
- Add onion;stir, then discard ice; drain well.
- Transfer to a medium bowl.
- Addtomatoes, cilantro, and jalapeño,if desired. Season with salt.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:1.5804347805679%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 8.09kcal (0.4%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.28g (0.47%), Sugar: 1.08g (1.2%), Cholesterol: 0mg (0%), Sodium: 195.73mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin C: 6.38mg (7.73%), Vitamin A: 291.51IU (5.83%), Vitamin K: 3.89µg (3.71%), Potassium: 84.5mg (2.41%), Manganese: 0.04mg (2.24%), Fiber: 0.5g (2.02%), Vitamin B6: 0.04mg (1.87%), Folate: 6.17µg (1.54%), Vitamin E: 0.23mg (1.5%), Copper: 0.02mg (1.07%), Magnesium: 4.16mg (1.04%), Vitamin B3: 0.21mg (1.04%)