



Pico de Gallo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups plum tomatoes diced seeded finely (Roma) (6 medium)
- ☐ 0.5 cup onion diced white finely
- ☐ 3 tablespoons jalapeno seeded finely chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime
- ☐ 0.8 teaspoon salt

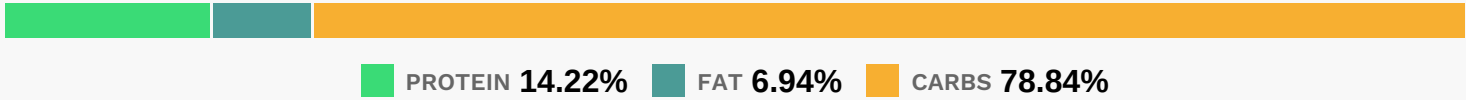
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix all ingredients.
- ☐ Serve immediately, or cover and refrigerate until ready to serve, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:2.9795652365555%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 14.31kcal (0.72%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.32g (0.85%), Sugar: 1.86g (2.07%), Cholesterol: 0mg (0%), Sodium: 221.3mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin C: 14.32mg (17.36%), Vitamin A: 498.78IU (9.98%), Vitamin K: 7.7µg (7.33%), Potassium: 141.13mg (4.03%), Manganese: 0.07mg (3.7%), Vitamin B6: 0.07mg (3.66%), Fiber: 0.9g (3.58%), Vitamin E: 0.47mg (3.15%), Folate: 10.88µg (2.72%), Vitamin B3: 0.36mg (1.8%), Copper: 0.04mg (1.78%), Magnesium: 7.14mg (1.78%), Vitamin B1: 0.02mg (1.63%), Phosphorus: 15.75mg (1.58%)