



 **61%**  
HEALTH SCORE

## Pico de Gallo

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 tablespoons pepper flakes minced seeded ( 2 medium)
- 0.5 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 3 tablespoons juice of lime fresh
- 0.8 cup onion chopped
- 1.5 pounds plum tomatoes seeded chopped

## Equipment

- bowl

## Directions

Mix all ingredients in medium bowl. Season with salt and pepper. (Can be made 4 hours ahead. Cover; chill.)

## Nutrition Facts

 **PROTEIN 14.65%**  **FAT 6.69%**  **CARBS 78.66%**

## Properties

Glycemic Index:57.33, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:13.012608875399%

## 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: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

## Nutrients (% of daily need)

Calories: 68.68kcal (3.43%), Fat: 0.59g (0.91%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 11.79g (4.29%), Sugar: 8.74g (9.71%), Cholesterol: 0mg (0%), Sodium: 15.99mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin C: 61.12mg (74.08%), Vitamin A: 2220.35IU (44.41%), Vitamin K: 28.55µg (27.19%), Potassium: 679.66mg (19.42%), Manganese: 0.37mg (18.45%), Vitamin B6: 0.33mg (16.37%), Fiber: 3.78g (15.13%), Folate: 48.25µg (12.06%), Vitamin E: 1.44mg (9.58%), Copper: 0.18mg (9.09%), Magnesium: 34.54mg (8.64%), Vitamin B3: 1.64mg (8.19%), Vitamin B1: 0.12mg (8.04%), Phosphorus: 77.39mg (7.74%), Iron: 0.93mg (5.16%), Vitamin B2: 0.07mg (4.38%), Calcium: 39.68mg (3.97%), Zinc: 0.53mg (3.53%), Vitamin B5: 0.32mg (3.21%)