



HEALTH SCORE

54%

Pico de Gallo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado peeled chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 1 pint grape tomatoes chopped
- ☐ 1 bell pepper green chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated

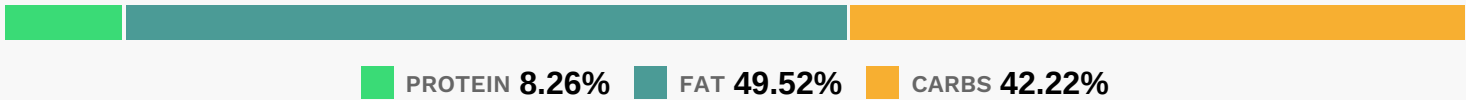
- ☐ 1 bell pepper red chopped
- ☐ 0.5 medium size onion red chopped
- ☐ 0.8 teaspoon salt

Equipment

Directions

- ☐ Stir together all ingredients; cover and chill 1 hour.
- ☐ *2 large tomatoes, chopped, may be substituted.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:20.015217309413%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 169.67kcal (8.48%), Fat: 10.48g (16.12%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 11.68g (4.25%), Sugar: 8.37g (9.3%), Cholesterol: 0mg (0%), Sodium: 599.82mg (26.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin C: 119.54mg (144.89%), Vitamin A: 2995.29IU (59.91%), Vitamin K: 39.91µg (38.01%), Fiber: 8.42g (33.69%), Vitamin B6: 0.55mg (27.51%), Folate: 107.39µg (26.85%), Potassium: 926.56mg (26.47%), Manganese: 0.44mg (21.79%), Vitamin E: 3.14mg (20.93%), Copper: 0.28mg (13.92%), Vitamin B3: 2.78mg (13.92%), Vitamin B5: 1.31mg (13.05%), Magnesium: 51.15mg (12.79%), Vitamin B1: 0.17mg (11.12%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 103.61mg (10.36%), Iron: 1.45mg (8.05%), Zinc: 0.94mg (6.25%), Calcium: 44.77mg (4.48%)