



Pico De Gallo



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 clove cilantro leaves fresh roughly chopped
- ☐ 1 tablespoon garlic clove minced peeled
- ☐ 2 tablespoon juice of lime fresh
- ☐ 0.5 cup onion in red chopped
- ☐ 2 tablespoon jalapeno seeds & ribs removed minced
- ☐ 12 servings salt to taste
- ☐ 2 cup tomatoes roughly chopped

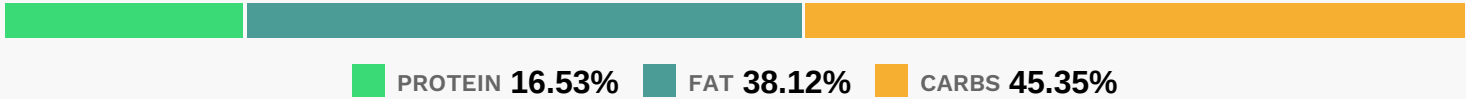
Equipment

bowl

Directions

In a bowl, mix all the ingredients. Set aside at least one hour. It will keep, covered in the refrigerator, up to 1 week.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:1.4739130281074%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 16.74kcal (0.84%), Fat: 0.76g (1.17%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.98g (1.09%), Cholesterol: 1.85mg (0.62%), Sodium: 196.78mg (8.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Vitamin C: 4.86mg (5.89%), Vitamin A: 210.18IU (4.2%), Manganese: 0.05mg (2.45%), Vitamin B6: 0.05mg (2.31%), Potassium: 79.71mg (2.28%), Vitamin K: 2.12µg (2.02%), Fiber: 0.44g (1.74%), Folate: 5.35µg (1.34%), Vitamin B3: 0.26mg (1.29%), Phosphorus: 12.23mg (1.22%), Copper: 0.02mg (1.08%), Vitamin B1: 0.02mg (1.07%), Zinc: 0.16mg (1.06%), Magnesium: 4.19mg (1.05%)