



Pico de Gallo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



3

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 pinch garlic powder
- 1 pinch ground cumin
- 3 servings salt and ground pepper black to taste
- 0.5 jalapeno minced seeded
- 0.5 juice of lime juiced
- 0.5 onion red minced

6 roma tomatoes diced (plum)

Equipment

bowl

Directions

Stir the tomatoes, onion, cilantro, jalapeno pepper, lime juice, garlic, garlic powder, cumin, salt, and pepper together in a bowl. Refrigerate at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:5.9804347960845%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 33.65kcal (1.68%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.23g (4.71%), Cholesterol: 0mg (0%), Sodium: 7.55mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin C: 23.03mg (27.92%), Vitamin A: 1088.99IU (21.78%), Vitamin K: 11.75µg (11.19%), Manganese: 0.2mg (10.04%), Potassium: 340.7mg (9.73%), Fiber: 1.95g (7.8%), Vitamin B6: 0.15mg (7.34%), Folate: 23.53µg (5.88%), Vitamin E: 0.78mg (5.21%), Copper: 0.09mg (4.42%), Magnesium: 16.9mg (4.22%), Vitamin B3: 0.81mg (4.05%), Vitamin B1: 0.06mg (3.95%), Phosphorus: 38.57mg (3.86%), Iron: 0.44mg (2.45%), Calcium: 20.45mg (2.05%), Vitamin B2: 0.03mg (1.94%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.16mg (1.56%)