



## Pico De Gallo de Alicia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



6

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 sprigs cilantro leaves finely chopped
- ☐ 1 clove garlic pressed
- ☐ 1 teaspoon garlic salt to taste
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 0.5 juice of lime juiced
- ☐ 1 onion red finely chopped
- ☐ 2 tomatoes diced

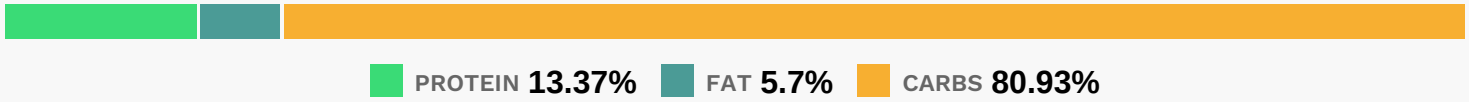
## Equipment

- ☐ bowl
- ☐ plastic wrap

## Directions

- ☐ Mix tomato, red onion, jalapeno pepper, cilantro, garlic, and lime juice in a bowl; season with garlic salt and stir.
- ☐ Cover bowl with plastic wrap and refrigerate at least 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:2.9560869685982%

## 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: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

## Nutrients (% of daily need)

Calories: 17.61kcal (0.88%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.04g (1.1%), Sugar: 2.1g (2.34%), Cholesterol: 0mg (0%), Sodium: 390.98mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin C: 13.61mg (16.5%), Vitamin A: 443.48IU (8.87%), Vitamin K: 6.5µg (6.19%), Manganese: 0.09mg (4.39%), Vitamin B6: 0.08mg (4.13%), Potassium: 144.38mg (4.13%), Fiber: 0.98g (3.9%), Folate: 11.62µg (2.9%), Vitamin E: 0.42mg (2.78%), Magnesium: 7.57mg (1.89%), Copper: 0.04mg (1.88%), Vitamin B1: 0.03mg (1.84%), Phosphorus: 17.84mg (1.78%), Vitamin B3: 0.34mg (1.7%), Calcium: 10.87mg (1.09%), Vitamin B2: 0.02mg (1.07%), Iron: 0.19mg (1.04%)