



Pico de Gallo: Fresh Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves chopped
- 1 tablespoon juice of lime freshly squeezed to taste
- 0.5 teaspoon kosher salt fine
- 1 small serrano chiles fresh finely chopped to taste
- 1.5 cups tomatoes diced seeded finely (2 medium)
- 0.3 cup onion white finely chopped

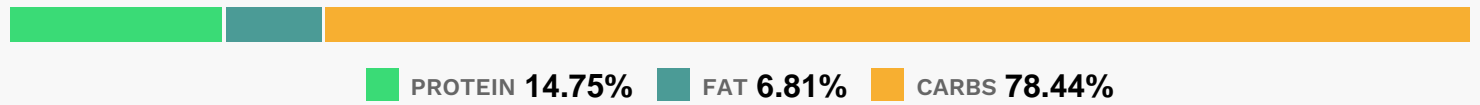
Equipment

- bowl

Directions

- Mix all the ingredients together in a bowl. Season to taste with additional chile, lime juice, and salt.
- This salsa keeps in the refrigerator for up to one day. Before you serve it, stir it well and drain any excess liquid that has accumulated in the bowl.
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Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:1.4956521672075%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 7.89kcal (0.39%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.31g (0.48%), Sugar: 1.01g (1.13%), Cholesterol: 0mg (0%), Sodium: 147.36mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Vitamin C: 5.28mg (6.4%), Vitamin A: 285.77IU (5.72%), Vitamin K: 4.39µg (4.18%), Potassium: 81.5mg (2.33%), Manganese: 0.04mg (2.16%), Fiber: 0.47g (1.9%), Vitamin B6: 0.03mg (1.69%), Folate: 5.91µg (1.48%), Vitamin E: 0.18mg (1.19%), Copper: 0.02mg (1.08%), Magnesium: 4.07mg (1.02%)