



Pico de Gallo Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 2 cranberry-orange relish peeled sliced
- ☐ 0.5 cucumber thinly sliced

- ☐ 1 small bell pepper red yellow cut into thin strips
- ☐ 0.1 teaspoon chili powder
- ☐ 1 sprigs cilantro leaves fresh
- ☐ 2 cups frangelico julienned peeled

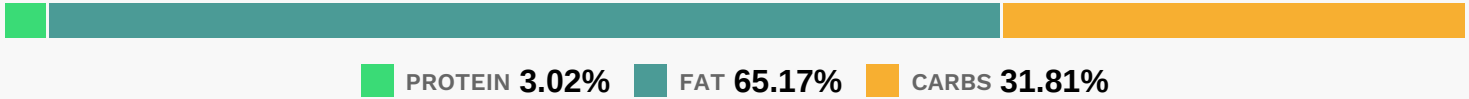
Equipment

- ☐ blender

Directions

- ☐ In blender, place all dressing ingredients. Cover; blend until smooth.
- ☐ On serving platter, alternate slices of orange and cucumber around edge. Mound bell pepper and jicama in center.
- ☐ Drizzle with dressing.
- ☐ Sprinkle with chili powder and/or cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:2.27, Inflammation Score:-4, Nutrition Score:5.3373913972274%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 12.35mg, Hesperetin: 12.35mg, Hesperetin: 12.35mg, Hesperetin: 12.35mg Naringenin: 6.71mg, Naringenin: 6.71mg, Naringenin: 6.71mg, Naringenin: 6.71mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 91.15kcal (4.56%), Fat: 6.94g (10.68%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.23g (2.26%), Sugar: 5.19g (5.77%), Cholesterol: 0mg (0%), Sodium: 98.68mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.45%), Vitamin C: 48.33mg (58.58%), Vitamin K: 15.97µg (15.21%), Fiber: 1.39g (5.58%), Folate: 20.67µg (5.17%), Vitamin E: 0.69mg (4.63%), Potassium: 149.34mg (4.27%), Vitamin A: 207.1IU (4.14%), Vitamin B1: 0.05mg (3.4%), Vitamin B6: 0.06mg (3.21%), Copper: 0.05mg (2.69%), Manganese:

0.05mg (2.42%), Magnesium: 9.51mg (2.38%), Calcium: 23.63mg (2.36%), Vitamin B5: 0.2mg (1.99%), Vitamin B2: 0.03mg (1.72%), Phosphorus: 15.51mg (1.55%), Vitamin B3: 0.26mg (1.32%), Iron: 0.18mg (1.01%)