



Salsa Pico de Gallo with Chile

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups tomatoes chopped
- 1 jalapeno seeded finely chopped
- 1 tablespoon onion finely chopped
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon juice of lime fresh
- 0.5 teaspoon salt
- 1 serving tortilla chips

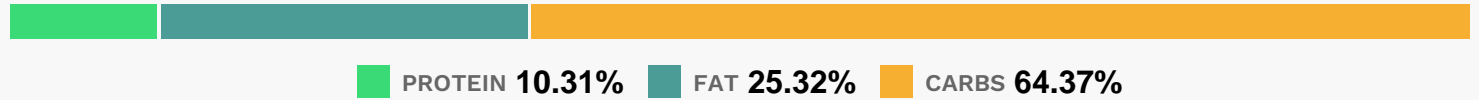
Equipment

bowl

Directions

- In medium bowl, mix all ingredients except tortilla chips until blended.
- Cover and refrigerate until serving time.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:1.8195652482302%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 18.5kcal (0.93%), Fat: 0.56g (0.87%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.6g (0.94%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 106.5mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Vitamin C: 6.68mg (8.1%), Vitamin A: 325.41IU (6.51%), Vitamin K: 3.76µg (3.58%), Potassium: 97.32mg (2.78%), Fiber: 0.62g (2.49%), Manganese: 0.05mg (2.26%), Vitamin E: 0.33mg (2.18%), Vitamin B6: 0.04mg (2%), Folate: 6.4µg (1.6%), Magnesium: 6.36mg (1.59%), Phosphorus: 14.81mg (1.48%), Vitamin B3: 0.26mg (1.29%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.2%)