



Salsa Pico de Gallo with Chile

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

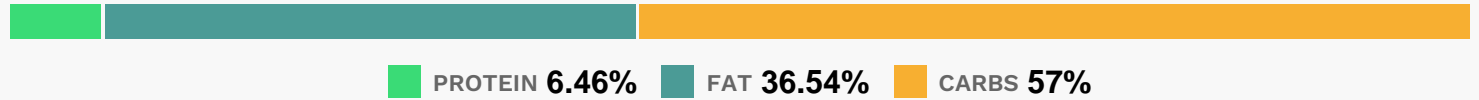
Equipment

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:-4, Nutrition Score:3.9913043509359%

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: 139.65kcal (6.98%), Fat: 5.88g (9.04%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 18.61g (6.77%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 190.69mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin K: 9.12µg (8.69%), Vitamin E: 1.23mg (8.22%), Vitamin C: 6.68mg (8.1%), Fiber: 2.01g (8.03%), Phosphorus: 72.56mg (7.26%), Magnesium: 27.92mg (6.98%), Vitamin A: 326.18IU (6.52%), Vitamin B6: 0.09mg (4.3%), Potassium: 144.03mg (4.12%), Vitamin B5: 0.37mg (3.7%), Vitamin B1: 0.05mg (3.6%), Calcium: 33.88mg (3.39%), Zinc: 0.45mg (3.02%), Iron: 0.53mg (2.96%), Copper: 0.05mg (2.51%), Folate: 9.48µg (2.37%), Vitamin B3: 0.47mg (2.36%), Manganese: 0.05mg (2.26%), Selenium: 1.24µg (1.77%), Vitamin B2: 0.03mg (1.64%)