



Secret Ingredient Pico de Gallo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 cup dill pickle minced
- ☐ 2 jalapeño peppers minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup onion minced
- ☐ 0.3 cup bell pepper diced red
- ☐ 8 servings salt and pepper to taste
- ☐ 4 large tomatoes diced seeded

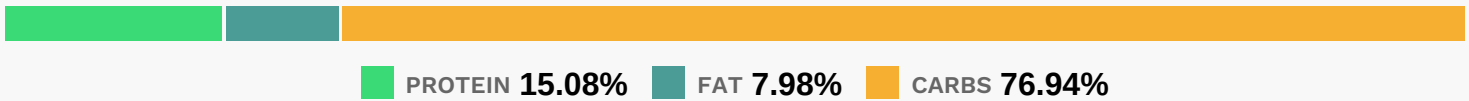
Equipment

☐ bowl

Directions

☐ In a medium bowl, combine the onion, jalapeno pepper, bell pepper, dill pickle, and diced tomatoes. Stir in lime juice and cilantro; season to taste with salt and pepper. Cover, and refrigerate at least 1 hour before serving, preferably overnight.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:5.1065217405558%

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: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 23.73kcal (1.19%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 3.72g (1.35%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 235.41mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin C: 24.11mg (29.22%), Vitamin A: 984.6IU (19.69%), Vitamin K: 10.42µg (9.92%), Potassium: 258.62mg (7.39%), Manganese: 0.13mg (6.52%), Fiber: 1.52g (6.1%), Vitamin B6: 0.12mg (5.8%), Folate: 19.49µg (4.87%), Vitamin E: 0.71mg (4.76%), Vitamin B3: 0.66mg (3.28%), Magnesium: 12.69mg (3.17%), Copper: 0.06mg (3.15%), Vitamin B1: 0.05mg (3.01%), Phosphorus: 28.08mg (2.81%), Vitamin B2: 0.03mg (1.77%), Iron: 0.32mg (1.77%), Calcium: 15.28mg (1.53%), Zinc: 0.2mg (1.32%), Vitamin B5: 0.13mg (1.26%)