



Simple Pico de Gallo from 'Ultimate Nachos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch cilantro leaves fresh coarsely chopped
- ☐ 2 garlic clove diced
- ☐ 1 jalapeno minced
- ☐ 1 juice of lime
- ☐ 1 onion diced
- ☐ 8 servings salt
- ☐ 2 large tomatoes diced seeded

Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine the tomatoes, onion, jalapeño, and garlic. Fold the chopped cilantro into the mixture.
- ☐ Add the lime juice and season the pico de gallo with salt to taste.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:2.7886956347072%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 16.48kcal (0.82%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.93g (2.15%), Cholesterol: 0mg (0%), Sodium: 197.33mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 10.96mg (13.28%), Vitamin A: 467.58IU (9.35%), Vitamin K: 7.11µg (6.77%), Manganese: 0.09mg (4.46%), Potassium: 144.9mg (4.14%), Vitamin B6: 0.07mg (3.62%), Fiber: 0.89g (3.55%), Folate: 10.93µg (2.73%), Vitamin E: 0.34mg (2.3%), Copper: 0.04mg (1.93%), Magnesium: 7.39mg (1.85%), Vitamin B1: 0.03mg (1.8%), Phosphorus: 17.51mg (1.75%), Vitamin B3: 0.33mg (1.65%), Calcium: 10.6mg (1.06%), Iron: 0.19mg (1.06%)