



Tomatillo Pico de Gallo



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

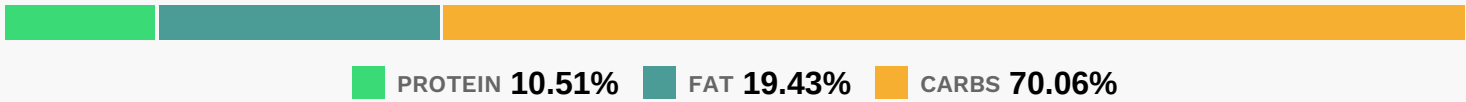
- ☐ 1 handful cilantro leaves chopped
- ☐ 0.3 teaspoon cumin toasted
- ☐ 1 clove garlic chopped
- ☐ 1 jalapeño diced seeded
- ☐ 1 juice of lime
- ☐ 0.3 cup onion diced
- ☐ 8 servings salt and pepper to taste
- ☐ 2 cups tomatillos diced seeded

Equipment

Directions

☐ Mix everything.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:1.9686956483385%

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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 14.91kcal (0.75%), Fat: 0.37g (0.57%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 194.85mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 7.69mg (9.32%), Vitamin K: 5.26µg (5.01%), Manganese: 0.07mg (3.51%), Vitamin B3: 0.66mg (3.28%), Fiber: 0.8g (3.22%), Potassium: 109.73mg (3.14%), Magnesium: 8.12mg (2.03%), Vitamin B6: 0.04mg (1.95%), Vitamin A: 93.03IU (1.86%), Phosphorus: 16.43mg (1.64%), Copper: 0.03mg (1.64%), Iron: 0.28mg (1.56%), Vitamin E: 0.21mg (1.41%), Vitamin B1: 0.02mg (1.33%), Folate: 4.43µg (1.11%)