



## Watermelon Pico de Gallo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Bunch cilantro leaves whole chopped
- 1 bell pepper diced whole green seeded finely
- 2 jalapeno diced whole seeded finely
- 2 juice of lime whole
- 1 bell pepper diced whole red seeded
- 0.5 onion diced whole red
- 0.5 teaspoon salt
- 0.5 seeded/seedless watermelon diced whole seedless

1 bell pepper diced whole yellow seeded finely

## Equipment

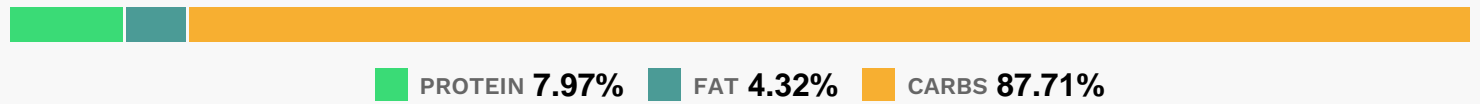
bowl

## Directions

Throw all the ingredients into a large bowl and toss it together. Taste with a chip and adjust ingredients as needed.

Serve with chips or on top of grilled chicken or fish...or as a side salad!

## Nutrition Facts



## Properties

Glycemic Index:17.31, Glycemic Load:10.29, Inflammation Score:-8, Nutrition Score:7.7943477786106%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

## Nutrients (% of daily need)

Calories: 67.4kcal (3.37%), Fat: 0.37g (0.57%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 15.47g (5.62%), Sugar: 12.66g (14.07%), Cholesterol: 0mg (0%), Sodium: 100.32mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin C: 58.84mg (71.32%), Vitamin A: 1506.62IU (30.13%), Vitamin B6: 0.17mg (8.51%), Potassium: 291.12mg (8.32%), Manganese: 0.12mg (5.91%), Magnesium: 23.51mg (5.88%), Fiber: 1.4g (5.59%), Vitamin B1: 0.08mg (5.36%), Copper: 0.1mg (5.17%), Vitamin B5: 0.5mg (4.95%), Folate: 16.17µg (4.04%), Vitamin K: 3.95µg (3.77%), Vitamin B2: 0.06mg (3.4%), Iron: 0.6mg (3.36%), Vitamin B3: 0.62mg (3.08%), Phosphorus: 30.52mg (3.05%), Vitamin E: 0.4mg (2.66%), Calcium: 18.44mg (1.84%), Zinc: 0.26mg (1.74%), Selenium: 0.83µg (1.19%)