

PICO DE GALLO

INGREDIENTS:

- 5 Roma tomatoes, finely diced
- 1/2 large red onion, finely diced
- 1 jalapeño, finely diced
- 1/2 bunch cilantro, finely chopped
- 3 garlic cloves, minced
- 1/2 lime, juiced
- Salt and pepper to taste

DIRECTIONS:

1. Toss the diced tomatoes, red onion, jalapeño, cilantro, and garlic together.
2. Add the juice of half a lime, and salt and pepper to taste. Store in fridge. Serve with chips or on top of salad, burritos, tacos, etc.

Nutrition Facts

Serving Size 1/4 cup (68g)
Servings Per Container 6

Amount Per Serving

Calories 15 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 1g

Vitamin A 10% • Vitamin C 20%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Source: the-girl-who-ate-everything.com

