

# Pico de Gallo

Serves 12

## Ingredients:

- 4 to 6 medium tomatoes, diced small
- 1 medium white onion, finely diced
- ½ cup cilantro, stems removed and leaves minced
- Juice of 1 lime
- ½ teaspoon salt
- Optional: avocado, jalapeno



## Instructions:

1. Combine all ingredients in a large bowl and stir well to combine.
2. Allowing time for the mixture to marinate will increase flavor.
3. Enjoy as a dip or a topping for tacos, fajitas, burritos, and beyond!

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<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 × 12 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>15.8</b>	
		<b>% Daily Value*</b>
<b>Total Fat</b>	0.1 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	102.1 mg	4 %
<b>Total Carbohydrate</b>	3.6 g	1 %
Dietary Fiber	0.9 g	3 %
Total Sugars	2.1 g	
Added Sugars	0 g	0 %
<b>Protein</b>	0.7 g	
Vitamin D	0 mcg	0 %
Calcium	9.3 mg	1 %
Iron	0.2 mg	1 %
Potassium	166.9 mg	4 %
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>		
<a href="https://www.cronometer.com">Full Info at cronometer.com</a>		<small>&lt;/&gt;</small>