

Recipe Name **Pico de Gallo**

- Ingredients:**
- 1 medium sized slicing tomato or heirloom tomato, cut into about 1 cup medium dice
 - 2 Tbsp minced red onion
 - 1-2 Tbsp jalapeno, minced
 - 2 Tbsp cilantro, chopped
 - 1 Tbsp red wine vinegar
 - Salt to taste

Directions

1. Combine all the ingredients and mix well. The pico de gallo is ready to use now or it can be stored in a covered container in the refrigerator for up to 2 days.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	10
	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0.5g	2%
Total Sugars 0.3g	
Protein 0.4g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	1%
Potassium 84mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**