

Pico de Gallo

8 Servings • 1 Serving = ¼ Cup

Adapted from Naturally Healthy Mexican Cooking by Jim Peyton



INGREDIENTS

- 1 cup tomato, finely chopped
- 2/3 cup white onion, finely chopped
- 2 Tablespoons serrano peppers, finely chopped and seeded
- ½ cup cilantro, minced
- 2 Tablespoons lime juice
- ½ teaspoon salt

DIRECTIONS

1. Combine ingredients in a bowl and mix well.

Nutrition Facts

8 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 87mg	2%

*The % Daily Value 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.

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