

Pico de Gallo

Yield: 4 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

If avoiding gluten, double-check that your Worcestershire Sauce is gluten-free

Ingredients

4 cups tomatoes, chopped
1 cup onion, chopped
1 tsp garlic, minced
½ cup cilantro, chopped
½ jalapeño, seeded and minced
1 Tbsp lime juice
1 Tbsp lemon juice
1 tsp Worcestershire sauce
1 tsp hot sauce (Valentina or Tabasco)
1 tsp salt
½ tsp pepper

Directions

1. Combine all ingredients in a bowl.



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Nutrition Facts

Serving size 1 (8.3oz)

Amount Per Serving **237g**

Calories **54**

% Daily Value

Total Fat 0.5g **1%**

Saturated Fat 0.1g **0%**

Cholesterol 0mg **0%**

Sodium 615mg **26%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 2g **4%**

Vitamin A **34%**

Vitamin C **56%**

Calcium **3%**

Iron **4%**