

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%