MEXICAN · SIDE · SNACK

Pico de Gallo (Fresh Mexican Salsa)

Pico de gallo

15 min · Serves 6 · 17 kcal a serve · Video 5:58 · Downshiftology

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Just 16 kcal, 3 g net carbs and about 200 mg sodium a serve: raw tomato, onion, chilli, cilantro and lime with only ½ tsp salt for the whole bowl. Nothing cooked, no oil, sugar or dairy.

Diet notes: Low carb (2.9 g net carbs) but not keto: 7% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy); DASH-friendly (200 mg sodium a serve).

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Ingredients 6 · SERVES 6

- [ ] 4 **Roma tomatoes**, seeds removed, diced
- [ ] 110 g finely diced **white onion**
- [ ] 1 bunch **fresh cilantro**, finely chopped
- [ ] 1 **serrano pepper** (or jalapeño), seeds removed, finely chopped
- [ ] **Lime juice**: juice of 1 lime
- [ ] ½ tsp **salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Halve the Roma tomatoes, scrape out the seeds and juice with a finger or a small knife, and dice the flesh. Removing the juice is what keeps pico chunky rather than watery. 1:05
2. Finely dice enough white onion to give 160 ml and add it to the tomatoes. 1:44
3. Halve the serrano, remove the seeds and membrane and chop it very finely. Chop the cilantro and add both to the bowl. 2:19
4. Squeeze in the lime juice, add ½ tsp salt and stir well. It's at its best after about 15 minutes, once the flavours have mingled. 2:32

> **Tip** Scoop it out with a slotted spoon so the juice that collects at the bottom stays behind.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
17 kcal	0.7 g	3.8 g	1 g	0.1 g	200 mg
70 kJ	1% of a day	2.9 g net · 1.9 g sugars	3% of a day	0 g saturated	9% of a day
		1% of a day		0% of a day	

Energy from net carbs 76% · protein 18% · fat 6%

Source of (10–19%) Vitamin K 16% · Vitamin C 12%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=G1AoEBvt4_o. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-pico-de-gallo