MEXICAN · SAUCE

Lacto-Fermented Pico de Gallo Salsa

25 min · plus 24 hours fermenting · Makes 13 × ¼ cup (60 g) · 17 kcal a portion

Video 9:40 · Clean Food Living

Vegan · Gluten-free ingredients · No nuts listed

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A raw, chunky salsa of tomato, corn, capsicum, onion and coriander — about 17 kcal a ¼-cup serve, with some vitamin C and no oil or sugar. A day of fermenting adds tang; the salt makes it about 360 mg sodium a serve.

Diet notes: Low carb (3 g net carbs) but not keto: 11% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy).

Ingredients

7 · MAKES 13 × ¼ CUP (60 G)

- [ ] 3 cups diced **ripe tomatoes**, with their juice
- [ ] 1 cup chopped fresh coriander (cilantro) leaves
- [ ] ⅓ cup diced **green capsicum** (bell pepper), or 1 jalapeño for heat
- [ ] 1 **fresh corn cob**, kernels cut off
- [ ] ⅓ cup chopped **onion**
- [ ] **Lime juice**: juice of 1 lime
- [ ] 1 tbsp **coarse sea salt** (½ oz), or ½ tbsp fine salt (8 g)

Amounts in US 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. Dice the tomatoes, cutting out the cores and any blemished skin, and put 3 cups in a bowl with all the juice from the board. 2:12
2. Add the chopped coriander leaves, diced capsicum (or jalapeño), corn kernels, onion and the juice of the lime, and toss well. 3:29
3. Pack the salsa into a clean quart (4¼ cups) jar a little at a time, pressing gently with your hand or a tamper so the air comes out and the juice rises over the vegetables. Pour in the juice left in the bowl. 6:05
4. Sprinkle the salt on top (½ oz coarse or 8 g fine) and push it under the liquid. Set a fermenting weight on top so everything stays under the juice, then cover with a coffee filter held on with a jar ring. 6:44
5. Leave on the counter for 24 hours, then remove the weight, close the lid and refrigerate. Eat within 3–5 days. 8:07

> **Tip** Makes about 1¾ lb, roughly 13 quarter-cup serves (our estimate). Frozen corn works if fresh isn't in season. The cook found 24 hours gives the best flavour and texture — longer softens the tomatoes.

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

One portion, ¼ cup (60 g), gives you

1 OF 13 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
17 kcal	0.7 g	3.9 g	0.8 g	0.2 g	360 mg
70 kJ	1% of a day	3 g net · 1.7 g sugars	3% of a day	0 g saturated	16% of a day
		1% of a day		0% of a day	

Energy from net carbs 72% · protein 17% · fat 11%

Source of (10–19%) Vitamin C 12%

Recipe and video: Clean Food Living (@CleanFoodLiving) on YouTube — youtube.com/watch?v=D42QGPBqs5c, published 7 October 2021. 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/lacto-fermented-pico-de-gallo