MEXICAN · SIDE · SNACK

Pico de Gallo (Salsa Mexicana)

20 min · Serves 4 · 26 kcal a serve · Video 16:22 · Rick Bayless

Vegan · Gluten-free ingredients · Nut-free

A fat-free, no-cook salsa of fresh tomato, onion, chilli and coriander: about 25 kcal a serve with a fifth of a day's vitamin C, and big flavour for tacos and grilled food.

Diet notes: Low carb (4.3 g net carbs) but not keto: 8% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 6 · SERVES 4

- ☐ 12 oz **ripe tomatoes** (about 2 medium-large), finely diced
- ☐ about ⅓ of a large **white onion**, finely chopped and rinsed
- ☐ 1–2 **serrano chillies**, minced (seeds in for heat)
- ☐ a generous handful (6–8 sprigs) of **coriander**, leaves and tender stems, thinly sliced
- ☐ a scant teaspoon of **salt**
- ☐ ½ **lime**, juiced (about 1 tbsp)

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

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the stem scar out of ripe tomatoes and dice them very small with a sharp knife; tiny pieces let the flavours come together. Tip into a bowl. 0:59
2. Finely chop the white onion, about a quarter of the tomato weight. Rinse it in a sieve under cold running water and shake dry; this tames its harsh bite and keeps it crisp. 3:06
3. Mince the serrano (keep the seeds and veins for heat, or remove them for a milder salsa) and thinly slice the coriander, stems and all. Add both to the bowl. 5:06
4. Season with a scant teaspoon of salt and a good squeeze of fresh lime, stir and taste. If you have time, let it sit for about an hour so the flavours meld, then re-season. 8:32

> **Tip** Makes about 2 cups; serves 4 (our estimate). Yucatán-style xnipec: rinsed red onion, ½ habanero instead of serrano, ½ cup chopped radish and a splash of orange juice with the lime.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
26 kcal 110 kJ	**1.1** g 2% of a day	**5.9** g 4.3 g net · 3.3 g sugars 2% of a day	**1.5** g 5% of a day	**0.2** g 0 g saturated 0% of a day	**490** mg 21% of a day

Energy from net carbs 73% · protein 19% · fat 8%

High in (20%+ of a day) Vitamin C 20%

Source of (10–19%) Vitamin K 13%

Recipe and video: Rick Bayless (@rickbayless) on YouTube — youtube.com/watch?v=yRHtKBd9TVM, published 23 August 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/bayless-pico-de-gallo