



5:2 Diet - Simple Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 3 leaves basil fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 tsp olive oil
- ☐ 1 medium onion finely chopped
- ☐ 3 servings grinding of salt & pepper black good
- ☐ 1 tbsp tomato purée
- ☐ 400 g tomatoes chopped

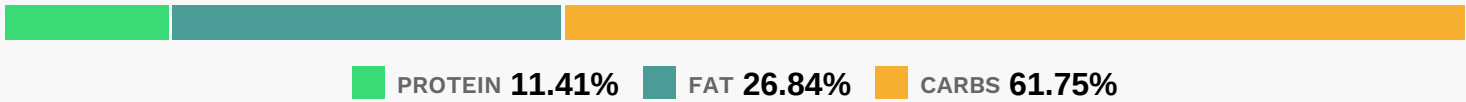
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a pan and add the onion and garlic.
- ☐ Saute the onion until it is soft and translucent. If it sticks a little, add a splash of water.
- ☐ Add the tomatoes and tomato puree and simmer gently for 15–20 minutes until thick.
- ☐ Season with salt and pepper and add the fresh basil.
- ☐ Serve over freshly cooked pasta.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:6.7565217432768%

Flavonoids

Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 55.56kcal (2.78%), Fat: 1.82g (2.8%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 7.08g (2.57%), Sugar: 5.33g (5.92%), Cholesterol: 0mg (0%), Sodium: 203.64mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Vitamin C: 21.95mg (26.6%), Vitamin A: 1165.06IU (23.3%), Vitamin K: 13.86µg (13.2%), Manganese: 0.23mg (11.56%), Potassium: 398.49mg (11.39%), Fiber: 2.35g (9.41%), Vitamin B6: 0.17mg (8.53%), Vitamin E: 1.05mg (7.02%), Folate: 27.92µg (6.98%), Copper: 0.11mg (5.67%), Magnesium: 20.14mg (5.03%), Phosphorus: 46.58mg (4.66%), Vitamin B1: 0.07mg (4.65%), Vitamin B3: 0.92mg (4.62%), Iron: 0.57mg (3.19%), Calcium: 25.56mg (2.56%), Vitamin B2: 0.04mg (2.41%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.19mg (1.94%)