



Caper, Olive, and Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



45 kcal

SAUCE

Ingredients



1 tablespoon capers



0.3 cup tomatoes dried



2 tablespoons parsley fresh chopped



0.5 cup olive oil



0.3 cup olives pitted ripe



4 plum tomatoes chopped

Equipment

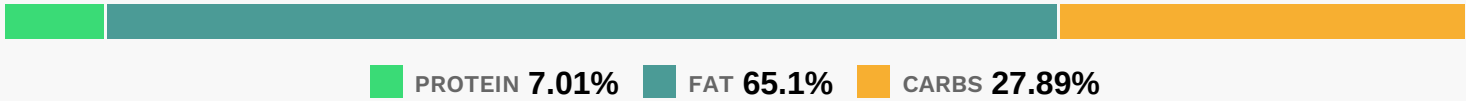


food processor

Directions

- ☐ Process first 4 ingredients in a food processor until coarsely chopped. With processor running, pour oil through food chute in a slow, steady stream.
- ☐ Add tomatoes, and pulse until blended.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:3.5847826016986%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 45.02kcal (2.25%), Fat: 3.53g (5.42%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.4g (0.87%), Sugar: 2.14g (2.38%), Cholesterol: 0mg (0%), Sodium: 99.34mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin K: 22.26µg (21.2%), Vitamin C: 6.97mg (8.45%), Vitamin A: 390.47IU (7.81%), Potassium: 199.12mg (5.69%), Manganese: 0.1mg (5.06%), Vitamin E: 0.73mg (4.89%), Fiber: 1g (4%), Copper: 0.08mg (3.87%), Iron: 0.51mg (2.84%), Magnesium: 11.37mg (2.84%), Vitamin B3: 0.52mg (2.62%), Folate: 8.86µg (2.22%), Vitamin B1: 0.03mg (2.1%), Phosphorus: 20.53mg (2.05%), Vitamin B6: 0.04mg (1.93%), Vitamin B2: 0.03mg (1.49%), Calcium: 10.88mg (1.09%), Vitamin B5: 0.1mg (1.05%)