



Creole Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



60 kcal

SAUCE

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon garlic minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onion finely chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon lack pepper freshly ground
- ☐ 0.8 cup bell pepper red finely chopped

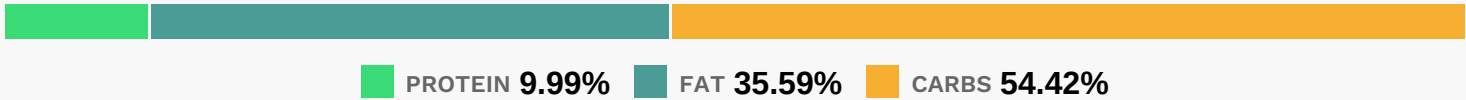
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Saut onion through ground red pepper in hot oil in a large skillet over medium-high heat about 5 minutes or until vegetables are tender.
- ☐ Add wine, and cook until most of the liquid evaporates. Stir in tomatoes, salt, and pepper; cook 5 to 7 minutes or until mixture thickens, stirring occasionally. Cool slightly. Process tomato mixture in a blender or food processor until smooth. Return sauce to skillet; keep warm.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:6.2365217493928%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 59.62kcal (2.98%), Fat: 2.26g (3.48%), Saturated Fat: 0.33g (2.03%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 5.87g (2.13%), Sugar: 4.11g (4.57%), Cholesterol: 0mg (0%), Sodium: 162.84mg (7.08%), Alcohol: 1.18g (100%), Alcohol %: 1.39% (100%), Protein: 1.43g (2.86%), Vitamin C: 27.56mg (33.41%), Vitamin A: 649.65IU (12.99%), Manganese: 0.21mg (10.42%), Vitamin B6: 0.18mg (8.92%), Vitamin E: 1.33mg (8.85%), Vitamin K: 8.72µg (8.3%), Fiber: 1.91g (7.63%), Potassium: 248.14mg (7.09%), Iron: 1.17mg (6.5%), Copper: 0.12mg (6.2%), Folate: 19.16µg (4.79%), Vitamin B3: 0.93mg (4.66%), Magnesium: 17.68mg (4.42%), Vitamin B1: 0.06mg (4.31%), Calcium: 33.55mg (3.35%), Phosphorus: 32.44mg (3.24%), Vitamin B2: 0.05mg (3.15%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.27mg (1.79%)