



Dried Tomato Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



72 kcal

SAUCE

Ingredients

- 1.5 teaspoons basil dried
- 0.3 cup tomatoes dried packed in oil, drained minced
- 0.3 cup nonfat yogurt plain

Equipment

Directions

- Stir together all ingredients until well blended; chill, if desired.

Nutrition Facts

PROTEIN 25.13% FAT 7.2% CARBS 67.67%

Properties

Glycemic Index:15, Glycemic Load:2.39, Inflammation Score:-4, Nutrition Score:8.9939130311427%

Nutrients (% of daily need)

Calories: 71.91kcal (3.6%), Fat: 0.65g (1%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 11.19g (4.07%), Sugar: 10.04g (11.16%), Cholesterol: 0.82mg (0.27%), Sodium: 51.63mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Potassium: 752.68mg (21.51%), Manganese: 0.41mg (20.7%), Vitamin K: 20.82µg (19.83%), Copper: 0.28mg (14.11%), Iron: 2.38mg (13.2%), Phosphorus: 131.43mg (13.14%), Magnesium: 48.66mg (12.16%), Calcium: 118.22mg (11.82%), Vitamin B2: 0.19mg (11.42%), Fiber: 2.54g (10.15%), Vitamin C: 7.56mg (9.16%), Vitamin B3: 1.75mg (8.73%), Vitamin B1: 0.12mg (7.8%), Vitamin B5: 0.65mg (6.51%), Zinc: 0.81mg (5.43%), Folate: 19.69µg (4.92%), Vitamin B6: 0.09mg (4.63%), Vitamin B12: 0.25µg (4.15%), Selenium: 2.5µg (3.57%), Vitamin A: 168.67IU (3.37%)