



Easy Creole Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



147 kcal

SAUCE

Ingredients

- ☐ 29 oz tomatoes diced with green peppers and onion canned
- ☐ 2 rib celery chopped
- ☐ 2 teaspoons creole seasoning
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 green onions thinly sliced
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons olive oil

1 teaspoon sugar

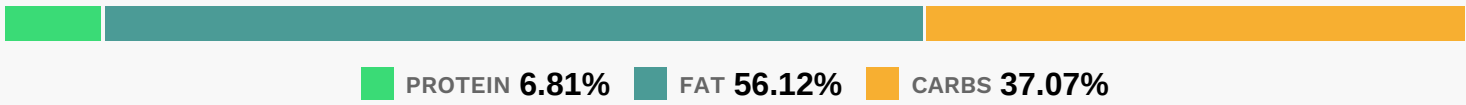
Equipment

sauce pan

Directions

Prepare up to 2 days ahead. Saut celery in 2 olive oil in a saucepan over medium heat 3 to 4 minutes until tender. Stir in diced tomatoes, garlic, Creole seasoning, and sugar. Reduce heat to low; simmer, stirring occasionally, 20 minutes. Stir in parsley, green onions, and hot sauce. Store in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:76.03, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:14.22130414714%

Flavonoids

Apigenin: 5.8mg, Apigenin: 5.8mg, Apigenin: 5.8mg, Apigenin: 5.8mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 146.7kcal (7.33%), Fat: 9.98g (15.36%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 11.36g (4.13%), Sugar: 8.26g (9.17%), Cholesterol: 0mg (0%), Sodium: 431.54mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin K: 75.21µg (71.63%), Vitamin C: 33.51mg (40.62%), Vitamin E: 3.67mg (24.5%), Vitamin A: 1185.26IU (23.71%), Vitamin B6: 0.38mg (19.2%), Iron: 3.16mg (17.54%), Potassium: 594.72mg (16.99%), Manganese: 0.31mg (15.32%), Fiber: 3.48g (13.91%), Vitamin B3: 2.17mg (10.85%), Copper: 0.21mg (10.72%), Vitamin B2: 0.18mg (10.41%), Calcium: 102.28mg (10.23%), Vitamin B1: 0.14mg (9.4%), Magnesium: 35.99mg (9%), Folate: 32.92µg (8.23%), Phosphorus: 65.38mg (6.54%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.51mg (3.42%), Selenium: 0.88µg (1.26%)