



Everything in the Fridge Pasta Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



154 kcal

SAUCE

Ingredients

- 6 ounce olives black drained sliced canned
- 15 ounce tomato sauce canned
- 1 tablespoon cilantro leaves fresh chopped
- 4 cloves garlic chopped
- 1 bell pepper green chopped
- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese grated
- 4 roma tomato (plum)

0.3 cup onion white chopped

Equipment

frying pan

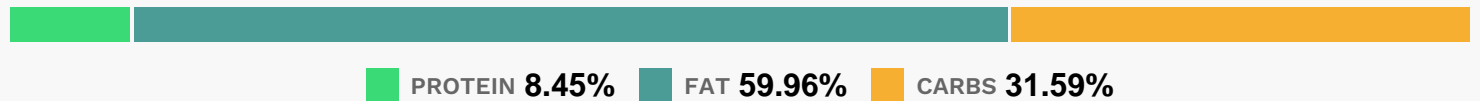
Directions

Heat olive oil in a large skillet and saute tomato, green peppers, cilantro, garlic and onion for 5 minutes or so to retain crispness.

Add tomato sauce and simmer for 10 to 15 minutes.

Mix in olives, parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:3.03, Inflammation Score:-8, Nutrition Score:11.405217300939%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 154.24kcal (7.71%), Fat: 11.23g (17.27%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 8.83g (3.21%), Sugar: 6.82g (7.57%), Cholesterol: 2.17mg (0.73%), Sodium: 1216.06mg (52.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin C: 41.56mg (50.37%), Vitamin E: 4.12mg (27.46%), Vitamin A: 1282.82IU (25.66%), Fiber: 4.48g (17.93%), Potassium: 564.39mg (16.13%), Manganese: 0.29mg (14.32%), Vitamin B6: 0.28mg (14.25%), Vitamin K: 13.22µg (12.59%), Copper: 0.24mg (12.18%), Iron: 1.6mg (8.9%), Vitamin B3: 1.7mg (8.51%), Magnesium: 33.07mg (8.27%), Calcium: 76.1mg (7.61%), Phosphorus: 74.62mg (7.46%), Folate: 25.32µg (6.33%), Vitamin B2: 0.11mg (6.29%), Vitamin B1: 0.09mg (5.71%), Vitamin B5: 0.46mg (4.62%), Zinc: 0.56mg (3.7%), Selenium: 2.37µg (3.39%)