



Fresh Tomato and Pomegranate Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup pomegranate molasses
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 4 large tomatoes ripe

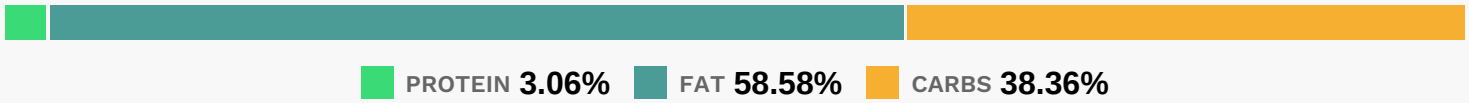
Equipment

- ☐ knife
- ☐ pot

Directions

- ☐ Using a sharp knife, cut an X in bottom of each tomato.
- ☐ Place tomatoes in a large pot of boiling water 1 minute or until skins begin to pull away.
- ☐ Remove and plunge into ice water to stop cooking; drain. Peel tomatoes, and discard skin.
- ☐ Cut each tomato into fourths, remove seeds, and coarsely chop tomatoes.
- ☐ Combine tomatoes and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:2.48, Inflammation Score:-9, Nutrition Score:10.835652210466%

Flavonoids

Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 282.41kcal (14.12%), Fat: 18.53g (28.51%), Saturated Fat: 2.56g (16%), Carbohydrates: 27.31g (9.1%), Net Carbohydrates: 24.28g (8.83%), Sugar: 20.17g (22.41%), Cholesterol: 0mg (0%), Sodium: 405.54mg (17.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin A: 2120.25IU (42.4%), Vitamin C: 33.25mg (40.3%), Vitamin K: 30.36µg (28.91%), Vitamin E: 4.03mg (26.86%), Potassium: 581.88mg (16.63%), Manganese: 0.28mg (14.17%), Fiber: 3.03g (12.11%), Vitamin B6: 0.2mg (10.06%), Folate: 36.49µg (9.12%), Vitamin B3: 1.48mg (7.4%), Copper: 0.15mg (7.34%), Magnesium: 27.2mg (6.8%), Vitamin B1: 0.09mg (6.04%), Phosphorus: 59.24mg (5.92%), Iron: 0.82mg (4.54%), Vitamin B2: 0.05mg (2.9%), Zinc: 0.43mg (2.85%), Calcium: 25.79mg (2.58%), Vitamin B5: 0.22mg (2.19%)