



Fresh Tomato-Olive Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



92 kcal

SAUCE

Ingredients

- 0.5 cup bell pepper diced red yellow
- 2 tablespoons capers drained coarsely chopped
- 3 garlic clove minced
- 12 kalamata olives pitted sliced
- 2 tablespoons juice of lemon fresh
- 0.5 cup olive oil extra virgin extra-virgin
- 1 tablespoon oregano fresh chopped
- 2 tablespoons parsley fresh italian chopped

- 1.5 pounds plum tomatoes cored cut lengthwise into thin wedges
- 0.3 cup onion red finely chopped
- 0.5 teaspoon pepper dried red crushed

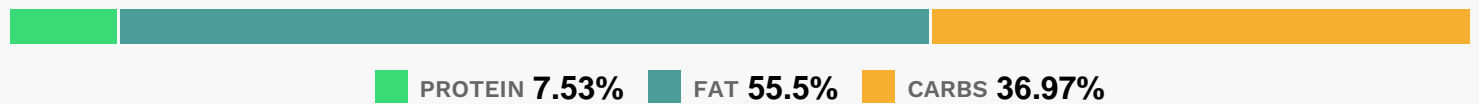
Equipment

- bowl

Directions

- Combine all ingredients in large bowl; sprinkle with salt and pepper.
- Let stand at room temperature at least 1 hour and up to 2 hours to allow flavors to blend. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:11.057391374008%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 3.47mg, Apigenin: 3.47mg, Apigenin: 3.47mg, Apigenin: 3.47mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 92.2kcal (4.61%), Fat: 6.25g (9.61%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 6.26g (2.28%), Sugar: 4.85g (5.39%), Cholesterol: 0mg (0%), Sodium: 250.97mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin C: 43.48mg (52.7%), Vitamin K: 47.73µg (45.46%), Vitamin A: 1853.97IU (37.08%), Vitamin E: 2.27mg (15.13%), Manganese: 0.27mg (13.57%), Fiber: 3.1g (12.42%), Potassium: 409.74mg (11.71%), Vitamin B6: 0.21mg (10.33%), Folate: 35.92µg (8.98%), Copper: 0.13mg (6.32%), Iron: 1.11mg (6.17%), Magnesium: 24.28mg (6.07%), Vitamin B3: 1.12mg (5.58%), Vitamin B1: 0.07mg (4.89%), Phosphorus: 45.8mg (4.58%), Calcium: 45.26mg (4.53%), Vitamin B2: 0.06mg (3.38%), Zinc: 0.37mg (2.49%), Vitamin B5: 0.22mg (2.17%)