

SAUCES & DIPS

Fresh Tomato Sauce

13 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	3	\$0.86	107 kcal

Fresh Tomato Sauce could be just the gluten free, dairy free, paleolithic, and lacto ovo vegetarian recipe you've been looking for. This recipe serves 3. One portion of this dish contains around 2g of protein, 7g of fat, and a total of 107 calories.

Ingredients

- ☐ 28 oz whole peeled tomatoes with basil
canned
- ☐ 1½ tablespoons extra virgin olive oil
- ☐ 1 teaspoon kosher salt

EQUIPMENT Immersion blender

Method

- 1

Stir together tomatoes with basil, olive oil, and kosher salt. Process with a hand-held blender until smooth.

Nutrition per serving

107	2 g	7 g	11 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1 g · 6% of daily needs
Fibre			2.7 g · 11% of daily needs
Sugar			6.3 g · 7% of daily needs
Sodium			1,154 mg · 50% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			24.6 mg · 30% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fresh-tomato-sauce-142289