



Fresh Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



107 kcal

SAUCE

Ingredients



28 oz canned tomatoes whole with basil peeled canned



1.5 tablespoons olive oil extra virgin



1 teaspoon kosher salt

Equipment

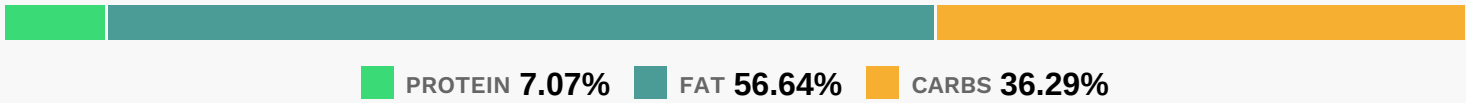


immersion blender

Directions

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

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.5765217231668%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 106.86kcal (5.34%), Fat: 7.34g (11.3%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 7.94g (2.89%), Sugar: 6.3g (7%), Cholesterol: 0mg (0%), Sodium: 1153.67mg (50.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin C: 24.61mg (29.83%), Vitamin E: 2.81mg (18.71%), Vitamin B6: 0.29mg (14.69%), Iron: 2.61mg (14.51%), Potassium: 497.67mg (14.22%), Vitamin K: 11.89µg (11.32%), Fiber: 2.65g (10.58%), Manganese: 0.21mg (10.29%), Vitamin B3: 1.88mg (9.42%), Copper: 0.18mg (9.16%), Vitamin B2: 0.15mg (8.56%), Calcium: 82.57mg (8.26%), Vitamin B1: 0.12mg (7.94%), Magnesium: 29.13mg (7.28%), Vitamin A: 309.58IU (6.19%), Folate: 21.17µg (5.29%), Phosphorus: 50.27mg (5.03%), Vitamin B5: 0.31mg (3.12%), Zinc: 0.37mg (2.48%)