



Fresh Tomato Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



123 kcal

SAUCE

Ingredients

- ☐ 28 oz canned tomatoes whole with basil, drained organic peeled canned
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper

- ☐ 4.5 cups tomatoes diced
- ☐ 0.8 cup olives pitted ripe cut in half
- ☐ 1 tablespoon capers

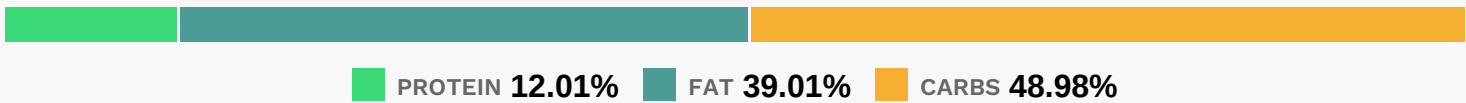
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In food processor or blender, place all ingredients except fresh tomatoes, olives and capers. Cover; process until smooth.
- ☐ Remove tomato mixture from food processor. Stir in fresh tomatoes, olives and capers. Use sauce immediately, or cover and refrigerate up to 2 days.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:16.372608820057%

Flavonoids

Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 22.54mg, Apigenin: 22.54mg, Apigenin: 22.54mg, Apigenin: 22.54mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 122.93kcal (6.15%), Fat: 6.04g (9.3%), Saturated Fat: 1g (6.25%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 11.57g (4.21%), Sugar: 9.35g (10.39%), Cholesterol: 1.09mg (0.36%), Sodium: 1058.3mg (46.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Vitamin C: 42.61mg (51.65%), Vitamin K: 46.31µg (44.11%), Vitamin A: 1760.19IU (35.2%), Manganese: 0.55mg (27.56%), Potassium: 833.19mg (23.81%), Vitamin E: 3.49mg (23.27%), Fiber: 5.5g (22%), Vitamin B6: 0.4mg (20.05%), Iron: 3.6mg (20.01%), Copper: 0.31mg (15.36%), Calcium: 135.4mg (13.54%), Magnesium: 54.07mg (13.52%), Vitamin B3: 2.59mg (12.97%), Folate: 46.4µg (11.6%), Vitamin B1: 0.16mg (10.83%), Vitamin B2: 0.18mg (10.35%), Phosphorus: 94.68mg (9.47%), Zinc: 0.75mg (5.02%),

Vitamin B5: 0.42mg (4.2%), Selenium: 1.21µg (1.73%)