



Garlic Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



9

CALORIES



110 kcal

SAUCE

Ingredients

- 6 tablespoons olive oil extra virgin extra-virgin
- 2 lb plum tomatoes ripe (see cooks' note, below)
- 0.8 teaspoon pepper hot
- 2 heads garlic green peeled halved lengthwise

Equipment

- pot
- slotted spoon

Directions

- Cut an X in bottom of each tomato and blanch in a large pot of boiling water 10 seconds. Immediately transfer tomatoes with a slotted spoon to an ice bath to cool, then peel, seed, and chop.
- Cook garlic in oil in a small heavy pot over medium heat, stirring occasionally, until golden, 3 to 5 minutes.
- Add tomatoes, red-pepper flakes, and 1/2 teaspoon salt and simmer, covered, stirring occasionally, 1 hour. Season with salt.
- If ripe tomatoes are not available, substitute 1 (28-ounce) can whole tomatoes in juice (not in purée; preferably San Marzano), chopped, including juice; season sauce with sugar if desired.
- Sauce keeps, chilled, 4 days.

Nutrition Facts

 **PROTEIN 4.51%**  **FAT 74.54%**  **CARBS 20.95%**

Properties

Glycemic Index:7.56, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:5.5326087682144%

Flavonoids

Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 110.39kcal (5.52%), Fat: 9.59g (14.75%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 9.02mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin C: 15.75mg (19.09%), Vitamin A: 889.63IU (17.79%), Vitamin K: 13.86µg (13.2%), Vitamin E: 1.96mg (13.05%), Manganese: 0.22mg (11.09%), Vitamin B6: 0.16mg (8.06%), Potassium: 267.19mg (7.63%), Fiber: 1.4g (5.59%), Copper: 0.08mg (3.99%), Folate: 15.35µg (3.84%), Phosphorus: 34.21mg (3.42%), Vitamin B1: 0.05mg (3.34%), Vitamin B3: 0.66mg (3.31%), Magnesium: 12.89mg (3.22%), Iron: 0.46mg (2.55%), Calcium: 21.99mg (2.2%), Zinc: 0.25mg (1.67%), Vitamin B2: 0.03mg (1.62%), Selenium: 0.92µg (1.31%), Vitamin B5: 0.13mg (1.28%)