



Hearty Tomato Blend



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 84 oz tomatoes diced drained canned
- ☐ 32 oz tomato sauce canned
- ☐ 1.5 cups bell pepper diced green
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1.5 cups bell pepper diced red
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 cups onions diced sweet

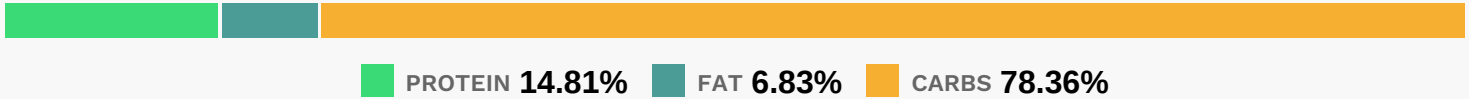
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Stir together all ingredients in a large bowl. Use immediately, or store in an airtight container in refrigerator up to 7 days.
- ☐ Place 2 cups of tomato mixture in a 1-qt. zip-top freezer bag; seal bag. Repeat procedure with remaining tomato mixture.
- ☐ Place bags flat on a baking sheet, and freeze up to 3 months. Thaw in refrigerator 24 hours.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:8.2043478177941%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 41.94kcal (2.1%), Fat: 0.38g (0.58%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 7.19g (2.62%), Sugar: 6g (6.67%), Cholesterol: 0mg (0%), Sodium: 388.19mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin C: 38.34mg (46.48%), Vitamin A: 763.29IU (15.27%), Vitamin B6: 0.26mg (12.88%), Potassium: 424.05mg (12.12%), Vitamin E: 1.72mg (11.46%), Fiber: 2.5g (9.98%), Iron: 1.74mg (9.67%), Manganese: 0.19mg (9.66%), Copper: 0.15mg (7.73%), Vitamin B3: 1.49mg (7.46%), Vitamin B2: 0.11mg (6.58%), Vitamin K: 6.4µg (6.1%), Magnesium: 24.12mg (6.03%), Folate: 23.63µg (5.91%), Vitamin B1: 0.08mg (5.59%), Calcium: 49.04mg (4.9%), Phosphorus: 44.78mg (4.48%), Vitamin B5: 0.34mg (3.45%), Zinc: 0.33mg (2.23%)