



Maw Maw Hinson's Tomato Gravy



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

SAUCE

Ingredients



8 servings kosher salt black



1.5 pounds tomatoes cut into 2" pieces



0.3 cup butter unsalted cut into 1/2" pieces ()

Equipment

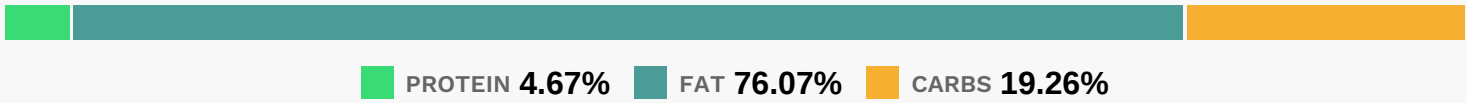


frying pan

Directions

Bring tomatoes and butter to a simmer in a large skillet over medium heat. Cover, reduce heat to low, and simmer gently, stirring occasionally, until tomatoes are softened, 35–40 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:3.6352173867433%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 66.42kcal (3.32%), Fat: 5.93g (9.12%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.33g (0.85%), Sugar: 2.24g (2.49%), Cholesterol: 15.25mg (5.08%), Sodium: 5.05mg (0.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin A: 886.27IU (17.73%), Vitamin C: 11.65mg (14.12%), Vitamin K: 7.38µg (7.03%), Potassium: 204.6mg (5.85%), Manganese: 0.11mg (5.5%), Fiber: 1.05g (4.18%), Vitamin E: 0.62mg (4.17%), Vitamin B6: 0.07mg (3.43%), Folate: 12.99µg (3.25%), Copper: 0.05mg (2.63%), Vitamin B3: 0.51mg (2.55%), Magnesium: 9.67mg (2.42%), Phosphorus: 22.27mg (2.23%), Vitamin B1: 0.03mg (2.13%), Iron: 0.24mg (1.34%), Vitamin B2: 0.02mg (1.1%), Calcium: 10.65mg (1.07%), Zinc: 0.15mg (1.01%)