



My Mother's Butter, Tomato, and Onion Sauce

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



3

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons butter
- ☐ 1 medium onion sweet yellow
- ☐ 1.3 teaspoons salt
- ☐ 2 pounds canned tomatoes ripe

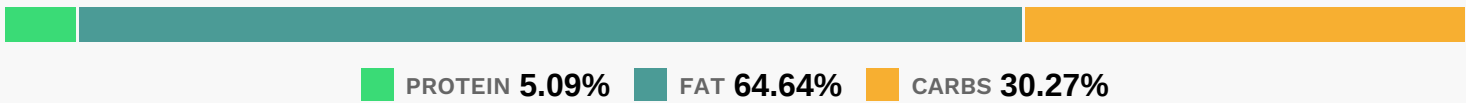
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ If using fresh tomatoes, peel them. Coarsely chop the fresh or canned tomatoes. Trim both ends of the onion; peel it and cut it in half lengthwise.
- ☐ Put the tomatoes, onion, butter, and salt in a 4- to 5-quart saucepan over medium heat. When the tomatoes begin to bubble, lower the heat to a slow but steady simmer. Cook, stirring every 10 to 15 minutes, until the tomatoes are no longer watery and the sauce has reduced, about 45 minutes, depending on the size and shape of the pot. The sauce is done when the butter has separated from the tomatoes and there is no remaining liquid.
- ☐ When you toss pasta with the sauce, add about 1/3 cup freshly grated
- ☐ Parmigiano-Reggiano.
- ☐ From Hazan Family Favorites: Beloved Italian Recipes by Guiliano Hazan. Copyright © 2012 Giuliano Hazan; photographs copyright © 2012 Joseph De Leo. Published by Stewart, Tabori & Chang, an imprint of ABRAMS.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:12.433043321838%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 17.53mg, Quercetin: 17.53mg, Quercetin: 17.53mg, Quercetin: 17.53mg

Nutrients (% of daily need)

Calories: 254.01kcal (12.7%), Fat: 19.4g (29.85%), Saturated Fat: 12.05g (75.3%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 16.42g (5.97%), Sugar: 12.75g (14.17%), Cholesterol: 50.17mg (16.72%), Sodium: 1560.23mg (67.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin C: 33.42mg (40.51%), Vitamin B6: 0.48mg (23.99%), Potassium: 705.6mg (20.16%), Vitamin A: 938.01IU (18.76%), Iron: 3.23mg (17.96%), Vitamin E: 2.62mg (17.46%), Fiber: 4.02g (16.07%), Manganese: 0.32mg (15.96%), Copper: 0.27mg (13.56%), Folate: 50.27µg (12.57%), Calcium: 122.01mg (12.2%), Vitamin B1: 0.18mg (12.17%), Vitamin B3: 2.31mg (11.55%), Vitamin B2: 0.2mg (11.55%), Magnesium: 43.69mg (10.92%), Vitamin K: 10.73µg (10.22%), Phosphorus: 92.85mg (9.28%), Vitamin B5:

0.49mg (4.91%), Zinc: 0.59mg (3.94%), Selenium: 1.09µg (1.56%)