



 **6%**  
HEALTH SCORE

## Oven Roasted Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

SAUCE

### Ingredients

- 2 T balsamic vinegar
- 4 T olive oil extra virgin
- 0.3 c basil fresh chopped
- 0.3 c basil fresh chopped
- 3 cloves garlic
- 2 cups grape tomatoes halved
- 0.5 onion sliced
- 2 pinches pepper red

4 servings salt and pepper freshly-ground to taste

## Equipment

## Nutrition Facts

**PROTEIN 2.77%** **FAT 81.02%** **CARBS 16.21%**

## Properties

Glycemic Index:71.25, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:5.5447826086957%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

## Taste

Sweetness: 73.64%, Saltiness: 31.23%, Sourness: 94.41%, Bitterness: 24%, Savoriness: 22.02%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 153.89kcal (7.69%), Fat: 14.2g (21.85%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.15g (1.87%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 201.51mg (8.76%), Protein: 1.09g (2.18%), Vitamin K: 26.91µg (25.63%), Vitamin E: 2.47mg (16.44%), Vitamin A: 794.14IU (15.88%), Vitamin C: 12.47mg (15.11%), Manganese: 0.19mg (9.33%), Potassium: 224.63mg (6.42%), Vitamin B6: 0.11mg (5.48%), Fiber: 1.24g (4.96%), Folate: 15.91µg (3.98%), Copper: 0.07mg (3.52%), Magnesium: 13.09mg (3.27%), Phosphorus: 28.66mg (2.87%), Iron: 0.51mg (2.83%), Vitamin B1: 0.04mg (2.64%), Vitamin B3: 0.51mg (2.54%), Calcium: 22.58mg (2.26%), Zinc: 0.21mg (1.4%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.1mg (1.03%)