



Peas in Tomato Sauce (Revithia Me Saltsa Domata)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



101 kcal

SAUCE

Ingredients

- 1 tablespoon olive oil extra virgin
- 1 tablespoon basil fresh
- 1 tablespoon basil fresh
- 1 garlic clove finely chopped
- 1 medium onion chopped
- 1 tablespoon oregano fresh
- 1 cup peas frozen

- 4 servings salt
- 0.5 teaspoon sugar
- 1 tablespoon tomato paste
- 2 medium tomatoes diced canned finely chopped
- 1 cup water
- 1 medium zucchini sliced

Equipment

Nutrition Facts



PROTEIN 13.98% **FAT 33.71%** **CARBS 52.31%**

Properties

Glycemic Index:103.61, Glycemic Load:3.46, Inflammation Score:-9, Nutrition Score:11.200434782609%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 100.57kcal (5.03%), Fat: 4.04g (6.21%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 9.61g (3.49%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 238.81mg (10.38%), Protein: 3.77g (7.53%), Vitamin C: 35.05mg (42.49%), Vitamin K: 30.56µg (29.11%), Manganese: 0.44mg (22%), Vitamin A: 1023.24IU (20.46%), Fiber: 4.49g (17.95%), Folate: 53.92µg (13.48%), Potassium: 464.6mg (13.27%), Vitamin B6: 0.26mg (12.79%), Vitamin B1: 0.16mg (10.69%), Magnesium: 36.78mg (9.19%), Vitamin E: 1.36mg (9.04%), Iron: 1.58mg (8.8%), Copper: 0.18mg (8.75%), Phosphorus: 87.38mg (8.74%), Vitamin B3: 1.57mg (7.86%), Vitamin B2: 0.13mg (7.5%), Zinc: 0.84mg (5.6%), Calcium: 55.84mg (5.58%), Vitamin B5: 0.25mg (2.5%), Selenium: 1.27µg (1.81%)