



Pomodoro Sauce

 Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



429 kcal

SAUCE

Ingredients

- ☐ 4 servings cheese and herb ravioli cooked for serving
- ☐ 3 tablespoons herbs fresh chopped (oregano, basil, parsley)
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pinch sugar
- ☐ 2 tomatoes chopped

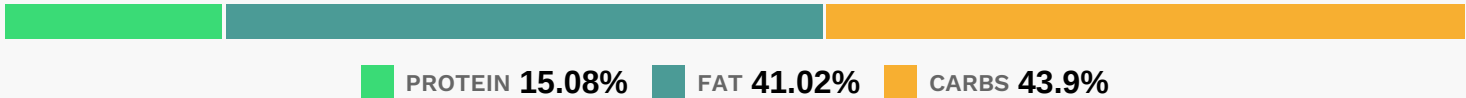
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan over medium heat, saute garlic and onion in oil for 2 minutes.
- ☐ Add tomatoes and herbs, continue to cook for 5 minutes until the tomatoes soften. Season with salt, pepper and sugar.
- ☐ Serve with cheese and herb ravioli.

Nutrition Facts



Properties

Glycemic Index:59.02, Glycemic Load:16.79, Inflammation Score:-5, Nutrition Score:9.1591304087121%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 428.88kcal (21.44%), Fat: 19.56g (30.09%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 43.14g (15.69%), Sugar: 4.22g (4.69%), Cholesterol: 56.7mg (18.9%), Sodium: 846.99mg (36.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.37%), Iron: 11.39mg (63.28%), Vitamin K: 58.32µg (55.54%), Vitamin C: 13.25mg (16.06%), Fiber: 3.96g (15.83%), Vitamin A: 765.25IU (15.31%), Vitamin E: 1.36mg (9.1%), Manganese: 0.11mg (5.35%), Potassium: 175.8mg (5.02%), Vitamin B6: 0.08mg (3.82%), Folate: 14.78µg (3.7%), Calcium: 35.35mg (3.53%), Copper: 0.05mg (2.37%), Magnesium: 9.15mg (2.29%), Vitamin B3: 0.42mg (2.1%), Vitamin B1: 0.03mg (2.04%), Phosphorus: 20.25mg (2.02%), Zinc: 0.16mg (1.09%), Vitamin B2: 0.02mg (1.04%)