



Pureed Tomato-and-Almond "Salad"



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce canned tomatoes undrained canned
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 garlic clove crushed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup onion finely chopped
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 0.3 cup slivered almonds toasted

☐ 0.5 teaspoon vegetable oil

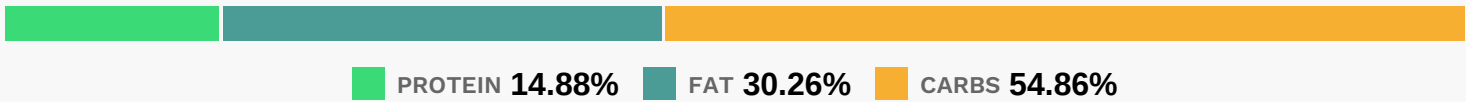
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place almonds in a food processor; process until ground. Set aside.
- ☐ Heat oil in a medium nonstick skillet over medium heat.
- ☐ Add onion and garlic; saut 6 minutes or until golden.
- ☐ Add cinnamon, ginger, and saffron, and stir until well-blended.
- ☐ Place tomatoes in a food processor; process until smooth.
- ☐ Add tomatoes to skillet; cook, uncovered, until reduced to 2 1/2 cups.
- ☐ Add ground almonds; stir until well-blended.
- ☐ Spread tomato mixture in a thin layer over a serving plate; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.31, Inflammation Score:-4, Nutrition Score:6.8734782053077%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 59.25kcal (2.96%), Fat: 2.27g (3.49%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 6.66g (2.42%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 131.8mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Manganese: 0.34mg (17.13%), Vitamin E: 2.14mg (14.24%), Vitamin K: 14.06µg (13.39%), Vitamin C: 10.66mg (12.92%), Copper: 0.22mg (11.16%), Fiber: 2.59g (10.34%), Potassium: 336.55mg (9.62%), Vitamin B6: 0.17mg (8.58%), Iron: 1.51mg (8.38%), Magnesium: 30.65mg (7.66%), Vitamin B3: 1.37mg (6.85%), Vitamin B1: 0.09mg (5.81%), Vitamin B2: 0.09mg (5.53%), Phosphorus: 52.04mg (5.2%), Vitamin A: 256.13IU (5.12%), Calcium: 47.88mg (4.79%), Folate: 17.08µg (4.27%), Vitamin B5: 0.31mg (3.09%), Zinc: 0.41mg (2.71%), Selenium: 0.91µg (1.3%)