






 11%
HEALTH SCORE

Quick Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

55 min.

SERVINGS

9

CALORIES

71 kcal

SAUCE

Ingredients

- 1 bay leaves
- 28 ounce canned tomatoes whole peeled canned
- 1 tablespoon garlic minced
- 1 jalapeno
- 0.3 cup sun-dried olives packed drained chopped
- 3 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup onion finely chopped
- 1 tablespoon oregano fresh finely chopped

- 9 servings pepper black freshly ground

Equipment

- bowl
- frying pan
- sauce pan
- sieve

Directions

- Open the can of tomatoes and pour off the juice into a bowl. Use the lid to press against the tomatoes to extract as much juice as possible. Then use your hand to squeeze the tomatoes to a pulp. Reserve the juice and pulp separately and set the empty can aside.
- Heat the olive oil in a heavy saucepan over medium high heat until hot. If using the jalapeno, tilt the pan to collect the oil in a little pool against the side and drop the jalapeno into the oil. Cook until lightly brown, about 2 minutes.
- Remove the jalapeno and reserve.
- Add the onion to the pan and cook, stirring occasionally, until soft, about 2 minutes.
- Add the garlic and cook briefly until light gold.
- Add the tomato juice and bring to a boil. Simmer rapidly for several minutes.
- Add the crushed tomato pulp. Then rinse the remaining pulp out of the can by filling it halfway with water and add that to the pan.
- Add the bay leaf, jalapeno, if using, and salt and pepper, to taste, and return to a boil.
- Add the sun-dried tomatoes and stir. Lower the heat to medium and simmer, stirring occasionally to prevent scorching, until the mixture thickens and the tomatoes have turned an orange red versus the pale blue red they were straight from the can, about 30 minutes.
- Add the oregano halfway through the cooking.
- Discard the bay leaf. Peel, seed and mash the jalapeno with a spoonful of the sauce and pass at the table so diners can add as much heat s they like to their plates.
- Variation for quick tomato sauce: substitute 2 pounds vine ripened tomatoes for the canned tomatoes. Peel the tomatoes, cut in 1/2 crosswise, and squeeze out the juice and seeds over a sieve suspended over a bowl. Chop the tomatoes. Proceed as directed, omitting the dried tomatoes and using jalapeno, if desired. The recipe may be increased proportionately.

Nutrition Facts

PROTEIN 6.98% FAT 57.26% CARBS 35.76%

Properties

Glycemic Index:17.33, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:5.065217450909%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 71.22kcal (3.56%), Fat: 4.92g (7.57%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.18g (1.88%), Sugar: 3.72g (4.13%), Cholesterol: 0mg (0%), Sodium: 130.2mg (5.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin C: 12.2mg (14.79%), Vitamin K: 10.64µg (10.13%), Manganese: 0.19mg (9.68%), Vitamin E: 1.43mg (9.55%), Potassium: 299.45mg (8.56%), Iron: 1.42mg (7.87%), Vitamin B6: 0.14mg (7.13%), Fiber: 1.74g (6.94%), Copper: 0.12mg (5.8%), Vitamin B3: 0.97mg (4.84%), Magnesium: 18.66mg (4.66%), Calcium: 44mg (4.4%), Vitamin B1: 0.06mg (4.23%), Vitamin B2: 0.07mg (4.18%), Phosphorus: 32.97mg (3.3%), Folate: 12.62µg (3.16%), Vitamin A: 157.61IU (3.15%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.23mg (1.52%)