



Raw Pasta Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



37 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon rosemary dried
- ☐ 1 clove garlic minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1.5 teaspoons juice of lime
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon oregano dried
- ☐ 0.1 teaspoon sea salt
- ☐ 2 tomatoes chopped

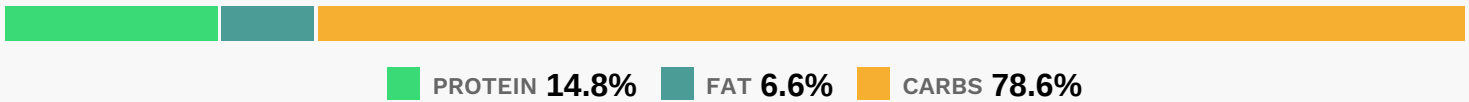
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Puree tomatoes, including seeds and juice, in a food processor or blender.
- ☐ Transfer to a lidded 2-cup container.
- ☐ Stir green bell pepper, onion, lime juice, garlic, sea salt, oregano, and rosemary into pureed tomatoes.
- ☐ Place lid on container and refrigerate at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:7.0000000246193%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 37.39kcal (1.87%), Fat: 0.31g (0.48%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 6.18g (2.25%), Sugar: 4.61g (5.13%), Cholesterol: 0mg (0%), Sodium: 153.22mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin C: 34.91mg (42.31%), Vitamin A: 1098.23IU (21.96%), Vitamin K: 12µg (11.43%), Manganese: 0.22mg (11.06%), Potassium: 365.37mg (10.44%), Vitamin B6: 0.19mg (9.28%), Fiber: 2.23g (8.94%), Folate: 24.85µg (6.21%), Vitamin E: 0.77mg (5.13%), Copper: 0.1mg (4.95%), Vitamin B1: 0.07mg (4.63%), Magnesium: 18.42mg (4.61%), Vitamin B3: 0.86mg (4.32%), Phosphorus: 42.05mg (4.21%), Iron: 0.52mg (2.86%), Calcium: 24.17mg (2.42%), Vitamin B2: 0.04mg (2.17%), Zinc: 0.29mg (1.94%), Vitamin B5: 0.17mg (1.67%)