



Roasted Tomato-Caper Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



36 kcal

SAUCE

Ingredients

- ☐ 4 teaspoons capers drained
- ☐ 1 pound cherry tomatoes rinsed
- ☐ 0.3 cup lightly parsley packed
- ☐ 0.5 pound pearl onions unpeeled
- ☐ 5 servings salt to taste

Equipment

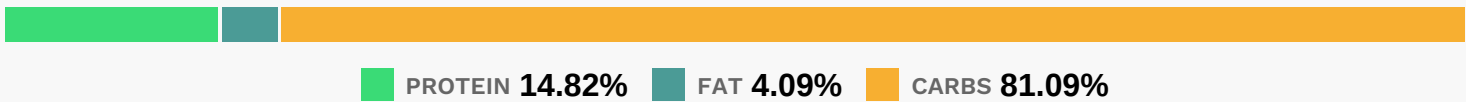
- ☐ food processor
- ☐ blender

- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Thread 1 pound rinsed cherry tomatoes (about 1 in. wide), touching, onto thin metal skewers. Thread 1/2 pound unpeeled pearl onions (about 1 in. wide), touching, onto thin metal skewers.
- ☐ Lay skewers on a lightly oiled barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Turn often until vegetables are charred, 5 to 8 minutes for tomatoes, 8 to 10 minutes for onions. Pull off and discard onion skins. In a blender or food processor, coarsely pure tomatoes, onions, 1/4 cup lightly packed parsley, and 4 teaspoons drained capers.
- ☐ Add salt to taste. If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:7.40043486719555

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

Nutrients (% of daily need)

Calories: 35.92kcal (1.8%), Fat: 0.18g (0.28%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 6.59g (2.39%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 251.57mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin K: 52.32µg (49.82%), Vitamin C: 28.1mg (34.06%), Vitamin A: 699.45IU (13.99%), Potassium: 281.29mg (8.04%), Manganese: 0.16mg (8.02%), Vitamin B6: 0.13mg (6.46%), Folate: 25.34µg (6.33%), Fiber: 1.56g (6.23%), Iron: 0.93mg (5.15%), Copper: 0.1mg (4.82%), Phosphorus: 40.46mg (4.05%), Vitamin B1: 0.06mg (3.76%), Vitamin E: 0.55mg (3.69%), Magnesium: 14.73mg (3.68%), Vitamin B3: 0.58mg (2.92%), Calcium: 25.31mg (2.53%), Vitamin B2: 0.04mg (2.2%), Vitamin B5: 0.19mg (1.85%), Zinc: 0.24mg (1.61%)