



Roasted Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



67 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 garlic cloves unpeeled
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano leaves fresh
- ☐ 2 small onions red unpeeled cut in half horizontally
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon tomato paste
- ☐ 3 pounds tomatoes cored (6)

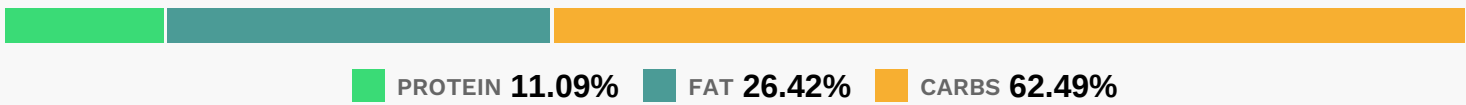
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place garlic and onions, skin sides up, on a jelly roll pan.
- ☐ Place pan on lower oven rack. Broil 30 minutes.
- ☐ Add tomatoes to pan, core sides down. Cook an additional 30 minutes or until blackened. Cool 5 minutes.
- ☐ Remove skins from garlic, onion, and tomatoes; discard skins.
- ☐ Place garlic, onion, and tomatoes in a food processor.
- ☐ Add vinegar and remaining ingredients; process until smooth.

Nutrition Facts



Properties

Glycemic Index:37.14, Glycemic Load:3.28, Inflammation Score:-8, Nutrition Score:8.128695682339%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 67.4kcal (3.37%), Fat: 2.16g (3.32%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 8.72g (3.17%), Sugar: 7.01g (7.79%), Cholesterol: 0mg (0%), Sodium: 173.06mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin C: 26.25mg (31.82%), Vitamin A: 1471.22IU (29.42%), Vitamin K: 16.58µg (15.79%), Manganese: 0.29mg (14.38%), Potassium: 479.31mg (13.69%), Fiber: 2.77g (11.06%), Vitamin B6: 0.2mg (9.8%), Vitamin E: 1.33mg (8.89%), Folate: 31.65µg (7.91%), Copper: 0.13mg (6.35%), Magnesium: 24.03mg (6.01%), Vitamin B3: 1.13mg (5.67%), Phosphorus: 54.17mg (5.42%), Vitamin B1: 0.08mg (5.36%), Iron: 0.75mg (4.17%), Calcium: 32.44mg (3.24%), Vitamin B2: 0.05mg (2.74%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.2mg (2.01%)