



Roasted Vegetable-Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



101 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon coarse salt (kosher or sea)
- ☐ 4 cloves garlic finely chopped
- ☐ 8 oz mushrooms fresh whole quartered
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion cut into thin wedges
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 29 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 1 medium bell pepper green yellow cut into 1-inch pieces

☐ 1 medium zucchini halved lengthwise cut into 1-inch pieces

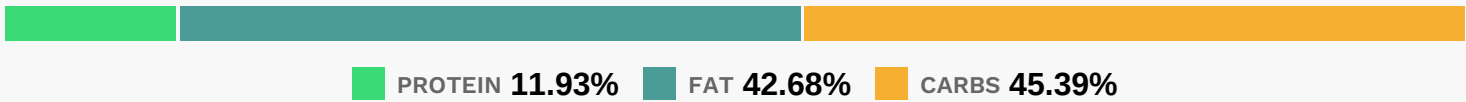
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 450F. In large roasting pan (do not use glass), place bell pepper, onion, zucchini, mushrooms and garlic.
- ☐ Drizzle with oil; sprinkle with salt and pepper flakes. Toss to coat evenly.
- ☐ Bake 15 minutes, stirring once halfway through baking.
- ☐ Add tomatoes; stir.
- ☐ Bake 15 to 20 minutes longer or until vegetables are tender and most of liquid has evaporated.
- ☐ Let stand 5 minutes.
- ☐ Stir vegetables.
- ☐ Serve over polenta or cooked pasta as desired.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:7.3226086782373%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 101.15kcal (5.06%), Fat: 4.97g (7.65%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 9.42g (3.43%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 412.44mg (17.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin C: 27.03mg (32.77%), Vitamin A: 712.06IU (14.24%), Vitamin B2: 0.2mg (11.54%), Fiber: 2.48g (9.92%), Vitamin B6: 0.19mg (9.28%), Vitamin B3: 1.65mg (8.26%), Copper: 0.16mg (8.24%), Manganese: 0.16mg (7.94%), Potassium: 276.67mg (7.9%), Vitamin B5: 0.69mg (6.87%), Iron: 1.23mg (6.84%), Calcium: 57.73mg (5.77%), Phosphorus: 57.51mg (5.75%), Selenium: 3.97µg (5.68%), Vitamin K: 5.88µg (5.6%), Vitamin E: 0.83mg (5.5%), Folate: 19.82µg (4.95%), Vitamin B1: 0.07mg (4.62%), Magnesium: 13.73mg (3.43%), Zinc: 0.39mg (2.57%)