



Rosemary-Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



62 kcal

SAUCE

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 8 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion diced
- ☐ 1.5 cups bell pepper diced red
- ☐ 1 tablespoon teaspoon rosemary dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 cups tomatoes peeled coarsely chopped

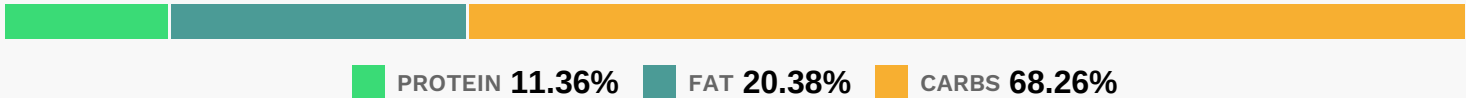
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add bell pepper and rosemary; saut 1 minute. Stir in tomato, wine, salt, and garlic; bring to a boil. Reduce heat and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:8.6417392129483%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 62.1kcal (3.11%), Fat: 1.31g (2.02%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 7.6g (2.76%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 247.59mg (10.76%), Alcohol: 1.54g (100%), Alcohol %: 1.05% (100%), Protein: 1.65g (3.29%), Vitamin C: 49.49mg (59.99%), Vitamin A: 1023.61IU (20.47%), Vitamin B6: 0.29mg (14.38%), Manganese: 0.22mg (11.1%), Potassium: 338.84mg (9.68%), Vitamin E: 1.41mg (9.39%), Fiber: 2.3g (9.18%), Iron: 1.5mg (8.32%), Folate: 27.26µg (6.81%), Vitamin B2: 0.1mg (5.99%), Vitamin B3: 1.19mg (5.95%), Vitamin B1: 0.09mg (5.75%), Calcium: 53.79mg (5.38%), Vitamin K: 5.64µg (5.37%), Magnesium: 21.35mg (5.34%), Copper: 0.11mg (5.32%), Phosphorus: 43.33mg (4.33%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.33mg (2.22%)