



WHATSheaTe



HEALTH SCORE

74%

Sauteed Cherry Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



128 kcal

SAUCE

Ingredients



1 cup basil leaves whole



3 pound cherry tomatoes sweet very ripe



0.3 teaspoon pepper red crushed to taste ()



3 clove garlic cloves minced



1 pinch kosher salt & pepper black



2 tablespoon olive oil

Equipment



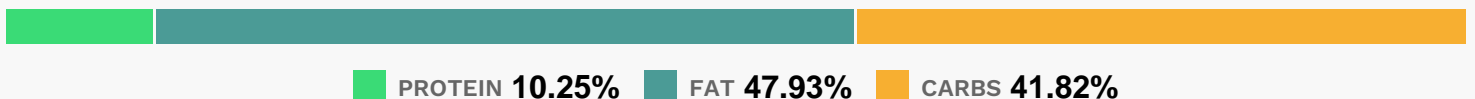
food processor

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large heavy bottomed or cast iron skillet set over high heat.
- ☐ Add the onion and garlic, letting it sizzle a moment. Then lower the heat to medium. Cook, stirring occasionally, until they are softened, about 5 minutes. Meanwhile, place 1 pound of the cherry tomatoes in the bowl of a food processor bowl Pulse 3–4 times, until coarsely chopped.
- ☐ Transfer to a bowl and repeat 2 more times with the remaining tomatoes.
- ☐ Add the chopped tomatoes to the skillet with the onion.
- ☐ Add the red pepper flakes. Simmer, stirring frequently, until they form a sauce, about 15–20 minute.
- ☐ Remove from heat and stir in the basil.
- ☐ Add salt and pepper to taste and serve with pasta or gnocchi. Greg Henry writes the food blog Sippity Sup– Serious Fun Food, and contributes the Friday column on entertaining for The Back Burner at Key Ingredient. He’s active in the food blogging community, and a popular speaker at IFBC, Food Buzz Festival and Camp Blogaway.
- ☐ He’s led cooking demonstrations in Panama & Costa Rica, and has
- ☐ traveled as far and wide as Norway to promote culinary travel. He’s
- ☐ SupFollow The Table Set on Twitter @TheTable
- ☐ SetLike Sippity Sup on Facebook Look for Greg’s book Savory Pies coming Nov 2012, from Ulysses Press

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:15.827826116396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 128.2kcal (6.41%), Fat: 7.44g (11.45%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 12.04g (4.38%), Sugar: 8.52g (9.47%), Cholesterol: 0mg (0%), Sodium: 49.92mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin C: 79.35mg (96.18%), Vitamin A: 2017.32IU (40.35%), Vitamin K: 38.81µg (36.96%), Manganese: 0.47mg (23.29%), Potassium: 770.86mg (22.02%), Vitamin E: 3.01mg (20.07%), Vitamin B6: 0.31mg (15.43%), Iron: 2.6mg (14.46%), Copper: 0.29mg (14.31%), Folate: 48.41µg (12.1%), Fiber: 2.57g (10.27%), Phosphorus: 102.43mg (10.24%), Vitamin B3: 1.89mg (9.47%), Magnesium: 35.21mg (8.8%), Vitamin B1: 0.13mg (8.62%), Calcium: 52.6mg (5.26%), Vitamin B2: 0.08mg (4.89%), Vitamin B5: 0.47mg (4.66%), Zinc: 0.56mg (3.71%), Selenium: 2.06µg (2.95%)