



Sayguh's Spicy Olive Oil, Tomato and Lime Pasta Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



6

CALORIES



58 kcal

SAUCE

Ingredients

- 2 teaspoons chili flakes
- 1 pint grape tomatoes halved
- 0.3 teaspoon ground pepper black
- 2 limes halved
- 0.5 cup olive oil
- 6 servings salt to taste
- 1 small tomatoes chopped

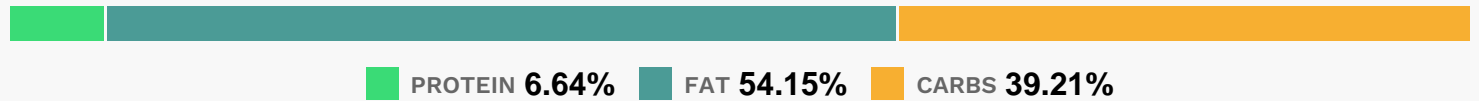
Equipment

- frying pan
- sauce pan

Directions

- Heat the olive oil in a saucepan over medium-low heat for about 5 minutes.
- Add the grape tomatoes and chopped tomato to the hot oil. Squeeze the limes over the tomatoes and add the lime halves to the pan. Season with the chili flakes, pepper, and salt. Allow the mixture to simmer until it thickens, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:5.2021739418092%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 57.61kcal (2.88%), Fat: 3.93g (6.05%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 209.97mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Vitamin C: 19.39mg (23.5%), Vitamin A: 992.71IU (19.85%), Vitamin K: 10.62µg (10.11%), Vitamin E: 1.33mg (8.87%), Fiber: 2.01g (8.06%), Potassium: 260.18mg (7.43%), Manganese: 0.14mg (6.75%), Vitamin B6: 0.1mg (4.96%), Folate: 16.1µg (4.02%), Copper: 0.08mg (3.91%), Vitamin B3: 0.68mg (3.41%), Magnesium: 12.87mg (3.22%), Iron: 0.54mg (2.98%), Vitamin B1: 0.04mg (2.89%), Phosphorus: 28.76mg (2.88%), Calcium: 19.62mg (1.96%), Vitamin B2: 0.03mg (1.69%), Zinc: 0.21mg (1.43%), Vitamin B5: 0.14mg (1.4%)