



Spicy Tomato Cream Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



327 kcal

SAUCE

Ingredients

- 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®) canned
- 1 pint heavy cream
- 46 ounce tomato-vegetable juice cocktail canned (such as V8®)
- 6 ounce tomato paste canned

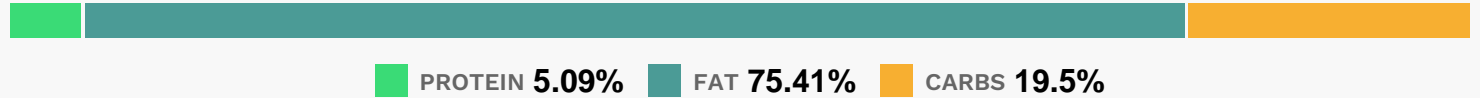
Equipment

- sauce pan
- whisk

Directions

- Pour the tomato-vegetable juice cocktail into a large saucepan.
- Whisk in the tomato paste. Stir in the tomatoes; bring to a simmer over medium-high heat. Simmer sauce until hot, about 10 minutes. Just before serving, remove from heat and stir in cream.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:3.2, Inflammation Score:-9, Nutrition Score:12.84478263233%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 326.91kcal (16.35%), Fat: 28.66g (44.09%), Saturated Fat: 18.17g (113.54%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 13.71g (4.98%), Sugar: 12.86g (14.29%), Cholesterol: 89.11mg (29.7%), Sodium: 237.79mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Vitamin C: 48.53mg (58.82%), Vitamin A: 2198.29IU (43.97%), Potassium: 655.71mg (18.73%), Vitamin B6: 0.31mg (15.57%), Vitamin B2: 0.23mg (13.55%), Folate: 50.31µg (12.58%), Fiber: 2.97g (11.87%), Vitamin E: 1.78mg (11.84%), Manganese: 0.2mg (10.24%), Copper: 0.19mg (9.66%), Phosphorus: 93.93mg (9.39%), Vitamin B3: 1.86mg (9.3%), Vitamin B1: 0.14mg (9.28%), Magnesium: 35.1mg (8.77%), Vitamin K: 9.03µg (8.6%), Vitamin D: 1.26µg (8.41%), Calcium: 83.42mg (8.34%), Vitamin B5: 0.82mg (8.23%), Iron: 1.38mg (7.68%), Selenium: 3.19µg (4.55%), Zinc: 0.59mg (3.95%), Vitamin B12: 0.13µg (2.1%)