

SIMPLE
AND
DELICIOUS
RECIPES

everydayitalian

Spicy Tomato Sauce from Giada de Laurentiis's Everyday Italian



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

SAUCE

Ingredients

- ☐ 0.5 cup olives black pitted coarsely chopped
- ☐ 28 ounce roma tomatoes italian crushed canned
- ☐ 2 tablespoons capers rinsed drained
- ☐ 2 garlic clove minced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 small onion minced
- ☐ 1 pinch pepper dried red generous crushed

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0.5 teaspoon sea salt plus more to taste

Equipment

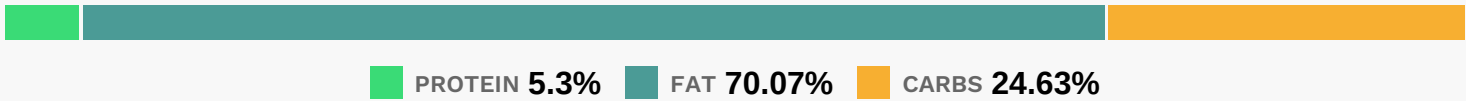
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frying pan

Directions

- ☐ In a large skillet, heat the oil over a medium-high flame. When almost smoking, add the onion and garlic and sauté for 3 minutes. Reduce the heat to medium and add the olives, capers, 1/2 teaspoon of salt, and red pepper flakes, and sauté for 1 minute.
- ☐ Add the tomatoes and simmer until reduced slightly, about 20 minutes. Season the sauce with more salt to taste. (The sauce can be made 1 day ahead. Cool, then cover and refrigerate. Rewarm over medium heat before using.)
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:2.53, Inflammation Score:-8, Nutrition Score:9.7726086222607%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 5.55mg, Kaempferol: 5.55mg, Kaempferol: 5.55mg, Kaempferol: 5.55mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg

Nutrients (% of daily need)

Calories: 163.23kcal (8.16%), Fat: 13.54g (20.83%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 7.3g (2.66%), Sugar: 6.09g (6.76%), Cholesterol: 0mg (0%), Sodium: 676.19mg (29.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Vitamin C: 29.12mg (35.3%), Vitamin A: 1732.8IU (34.66%), Vitamin K: 23.34µg (22.23%), Vitamin E: 3.28mg (21.84%), Potassium: 511.22mg (14.61%), Manganese: 0.28mg (13.91%), Fiber: 3.4g (13.62%), Vitamin B6: 0.2mg (10.25%), Folate: 34.57µg (8.64%), Copper: 0.16mg (8.2%), Magnesium: 27.18mg (6.79%), Vitamin B3: 1.28mg (6.39%), Vitamin B1: 0.09mg (5.92%), Phosphorus: 56.15mg

(5.61%), Iron: 0.81mg (4.52%), Calcium: 37.33mg (3.73%), Vitamin B2: 0.05mg (3%), Zinc: 0.41mg (2.71%), Vitamin B5: 0.21mg (2.12%)