



Tomato and Garlic Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 8 sprigs thyme leaves fresh
- 2 cloves garlic sliced
- 2 pints grape tomatoes halved
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil

Equipment

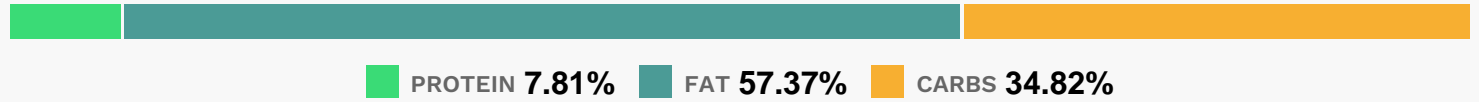
- frying pan

sauce pan

Directions

- Heat the oil in a large skillet or saucepan over low heat.
- Add the garlic and cook for 1 minute.
- Add the tomatoes, thyme, salt, and pepper. Cook until the tomatoes begin to burst, 3 to 5 minutes.
- Remove from heat.
- Serve hot, warm, or at room temperature.
- Pour or spoon the sauce over cooked meat or fish. Good for: Chicken, beef, or fish

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:10.525217577167%

Flavonoids

Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 109.03kcal (5.45%), Fat: 7.52g (11.57%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 7.09g (2.58%), Sugar: 6.24g (6.93%), Cholesterol: 0mg (0%), Sodium: 303.11mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin C: 36.08mg (43.74%), Vitamin A: 2066.62IU (41.33%), Vitamin K: 23.13µg (22.03%), Manganese: 0.35mg (17.29%), Potassium: 580.7mg (16.59%), Vitamin E: 2.29mg (15.25%), Fiber: 3.18g (12.73%), Vitamin B6: 0.22mg (10.76%), Folate: 36.45µg (9.11%), Copper: 0.16mg (7.85%), Magnesium: 29.82mg (7.46%), Vitamin B3: 1.45mg (7.27%), Phosphorus: 61.39mg (6.14%), Vitamin B1: 0.09mg (6.11%), Iron: 1.07mg (5.93%), Calcium: 35.28mg (3.53%), Vitamin B2: 0.06mg (3.31%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.23mg (2.29%)