



Tomato-and-Herb Fondue

 Gluten Free

READY IN



21 min.

SERVINGS



21

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 21 servings chicken tenderloins french cubed cooked lightly toasted toasted chopped
- ☐ 1 tablespoon butter
- ☐ 29 oz canned tomatoes canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 cup onion sweet chopped
- ☐ 1 teaspoon tomato paste

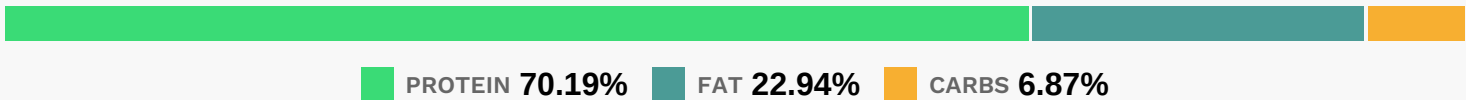
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Melt butter in a large saucepan over medium heat; add onion and garlic, and saut 3 minutes or until vegetables are tender.
- ☐ Add tomatoes, tomato paste, and lemon zest, and cook, stirring occasionally, 8 to 10 minutes.
- ☐ Remove from heat, and stir in basil.
- ☐ Transfer to fondue pot; keep warm.
- ☐ Serve with desired accompaniments.

Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:9.9026087030121%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 129.14kcal (6.46%), Fat: 3.14g (4.83%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.77g (0.64%), Sugar: 1.04g (1.16%), Cholesterol: 65.43mg (21.81%), Sodium: 183.05mg (7.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.19%), Vitamin B3: 10.45mg (52.23%), Selenium: 32.07µg (45.82%), Vitamin B6: 0.76mg (37.81%), Phosphorus: 211.51mg (21.15%), Vitamin B5: 1.43mg (14.3%), Potassium: 377.39mg (10.78%), Magnesium: 26.57mg (6.64%), Vitamin B2: 0.1mg (5.98%), Vitamin A: 222.75IU (4.46%), Vitamin B1: 0.07mg (4.38%), Zinc: 0.59mg (3.94%), Iron: 0.61mg (3.39%), Vitamin B12: 0.2µg (3.35%), Vitamin C: 2.26mg (2.74%), Calcium: 18.48mg (1.85%), Copper: 0.03mg (1.56%), Vitamin E: 0.22mg (1.47%), Vitamin K: 1.48µg (1.41%), Fiber: 0.35g (1.38%), Manganese: 0.03mg (1.27%), Folate: 4.7µg (1.18%)