



Tomato Cream Sauce

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



416 kcal

SAUCE

Ingredients

- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 1 tablespoon parsley fresh chopped
- 1 tablespoon basil dried fresh chopped
- 28 ounces canned tomatoes whole italian-style drained canned
- 0.5 cup whipping cream (heavy)
- 0.3 teaspoon salt

0.1 teaspoon pepper

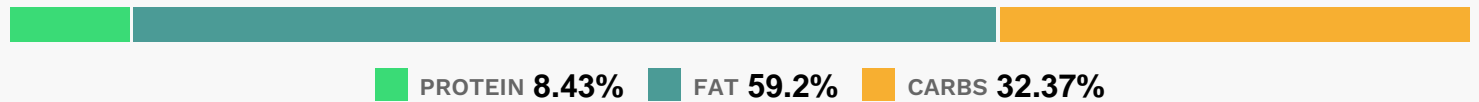
Equipment

frying pan

Directions

- Heat oil in 12-inch skillet over medium-high heat. Cook onion, garlic, parsley, basil
- and tomatoes in oil 10 minutes, breaking up tomatoes and stirring occasionally.
- Stir in remaining ingredients; reduce heat to low. Cook 15 to 20 minutes, stirring
- occasionally, until sauce is thickened. Use sauce immediately, or cover and
- refrigerate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:9.11, Inflammation Score:-9, Nutrition Score:28.360000169795%

Flavonoids

Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 5.32mg, Isorhamnetin: 5.32mg, Isorhamnetin: 5.32mg, Isorhamnetin: 5.32mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 415.55kcal (20.78%), Fat: 29.58g (45.51%), Saturated Fat: 14.96g (93.49%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 27.09g (9.85%), Sugar: 21.02g (23.35%), Cholesterol: 67.24mg (22.41%), Sodium: 838.57mg (36.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.95%), Vitamin K: 83.72µg (79.73%), Manganese: 1.11mg (55.72%), Vitamin C: 41.57mg (50.38%), Vitamin E: 6.38mg (42.53%), Iron: 7.36mg (40.89%), Copper: 0.8mg (40.23%), Potassium: 1364.99mg (39%), Fiber: 9.31g (37.22%), Vitamin B6: 0.72mg (35.95%), Vitamin A: 1763.86IU (35.28%), Magnesium: 106.36mg (26.59%), Vitamin B3: 5.14mg (25.72%), Calcium: 243.06mg (24.31%), Vitamin B1: 0.33mg (22.31%), Vitamin B2: 0.38mg (22.28%), Phosphorus: 185.45mg (18.54%), Folate: 69.64µg (17.41%), Vitamin B5: 1.34mg (13.42%), Zinc: 1.5mg (9.99%), Selenium: 4.79µg (6.84%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.1µg (1.59%)