



Tomato Gravy



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



84 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 large tomatoes chopped
- ☐ 0.5 cup whipping cream

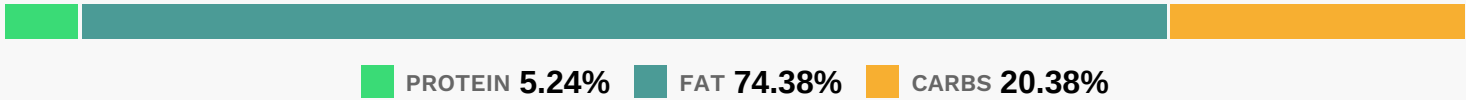
Equipment

☐ frying pan

Directions

- ☐ Saut garlic and onion in hot oil in a medium skillet over medium heat 5 minutes or until tender. Stir in tomatoes; reduce heat to low, and simmer, stirring occasionally, 20 minutes.
- ☐ Stir in whipping cream and remaining ingredients; simmer, stirring occasionally, 4 to 5 minutes or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:4.0043478556301%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 84.07kcal (4.2%), Fat: 7.28g (11.19%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.37g (1.22%), Sugar: 2.75g (3.05%), Cholesterol: 13.45mg (4.48%), Sodium: 123.78mg (5.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin A: 825.14IU (16.5%), Vitamin C: 11.15mg (13.51%), Vitamin K: 8.81µg (8.39%), Vitamin E: 0.94mg (6.28%), Potassium: 204.78mg (5.85%), Manganese: 0.11mg (5.68%), Fiber: 1.12g (4.48%), Vitamin B6: 0.09mg (4.29%), Folate: 13.75µg (3.44%), Phosphorus: 28.88mg (2.89%), Magnesium: 10.36mg (2.59%), Copper: 0.05mg (2.56%), Vitamin B1: 0.04mg (2.41%), Vitamin B2: 0.04mg (2.41%), Vitamin B3: 0.47mg (2.34%), Calcium: 19.94mg (1.99%), Iron: 0.33mg (1.82%), Vitamin D: 0.19µg (1.27%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.11mg (1.12%)