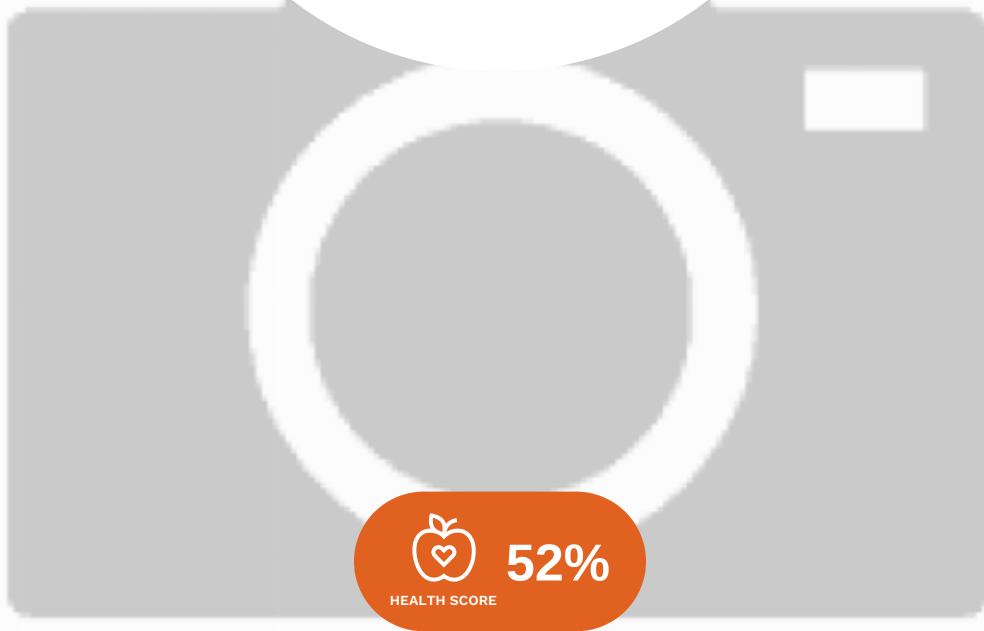




Tomato Pepper Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



44 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon garlic minced
- ☐ 1 onion coarsely chopped
- ☐ 2 large bell peppers diced red seeded
- ☐ 6 servings salt and pepper to taste
- ☐ 4 large tomatoes

Equipment

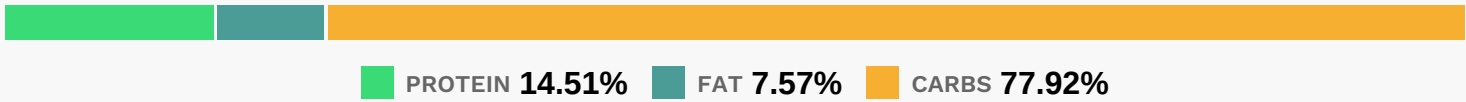
- ☐ frying pan
- ☐ pot

☐ potato masher

Directions

- ☐ Bring a pot of water to a boil. Carefully add the tomatoes to the water, and boil until the skin begins to split.
- ☐ Remove from the water, cool under cold running water, and peel off the skin.
- ☐ Place tomatoes into a large skillet, and mash with a potato masher.
- ☐ Mix in the bell peppers, onion and garlic. Simmer over low heat for about 20 minutes, or until onions and peppers are tender. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:2.35, Inflammation Score:-9, Nutrition Score:12.202173950879%

Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 44.13kcal (2.21%), Fat: 0.43g (0.66%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 6.97g (2.53%), Sugar: 6.27g (6.97%), Cholesterol: 0mg (0%), Sodium: 202.86mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin C: 88.11mg (106.8%), Vitamin A: 2722.73IU (54.45%), Vitamin B6: 0.28mg (14.22%), Potassium: 431.72mg (12.33%), Vitamin K: 12.35µg (11.76%), Folate: 46.85µg (11.71%), Fiber: 2.93g (11.7%), Manganese: 0.23mg (11.6%), Vitamin E: 1.52mg (10.15%), Vitamin B3: 1.28mg (6.4%), Vitamin B1: 0.08mg (5.59%), Magnesium: 21.87mg (5.47%), Phosphorus: 49.42mg (4.94%), Copper: 0.09mg (4.48%), Vitamin B2: 0.08mg (4.41%), Iron: 0.61mg (3.4%), Vitamin B5: 0.31mg (3.07%), Zinc: 0.38mg (2.54%), Calcium: 21.2mg (2.12%)