



Zesty Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



74 kcal

SAUCE

Ingredients

- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup onions chopped
- 1.5 lb tomatoes

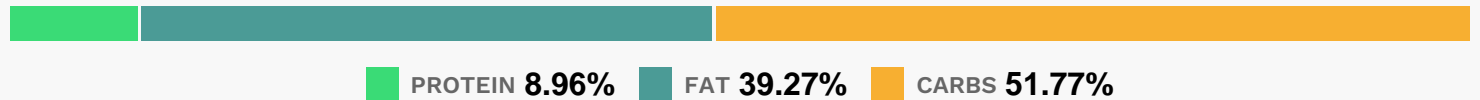
Equipment

- frying pan
- dutch oven

Directions

- Fill Dutch oven with water; bring to boil. Meanwhile, cut small "x" in bottom of each tomato. Carefully add tomatoes to boiling water; cook 20 sec.
- Drain.
- Remove and discard peels and seeds from tomatoes. Finely chop tomatoes; set aside.
- Heat dressing in same pan on medium heat.
- Add onions; cook 5 min., stirring frequently.
- Add tomatoes; cook 20 min. or until thickened, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:7.6065218059913%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 73.87kcal (3.69%), Fat: 3.46g (5.32%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 7.88g (2.87%), Sugar: 6.91g (7.68%), Cholesterol: 0mg (0%), Sodium: 155.15mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Vitamin C: 24.84mg (30.11%), Vitamin A: 1422.6IU (28.45%), Vitamin K: 21.74µg (20.71%), Potassium: 444.67mg (12.7%), Manganese: 0.22mg (11.21%), Fiber: 2.38g (9.52%), Vitamin B6: 0.17mg (8.47%), Vitamin E: 1.24mg (8.29%), Folate: 29.31µg (7.33%), Copper: 0.11mg (5.55%), Magnesium: 21.45mg (5.36%), Vitamin B3: 1.05mg (5.26%), Vitamin B1: 0.08mg (5%), Phosphorus: 48.83mg (4.88%), Iron: 0.54mg (3%), Calcium: 23.52mg (2.35%), Vitamin B2: 0.04mg (2.22%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.18mg (1.76%)