

# No-Cook Tomato Sauce

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## Servings: 6

6 large fresh tomatoes  
2 cloves garlic, chopped  
3 tablespoons extra-virgin olive oil  
1/3 cup fresh basil, chopped  
1/4 teaspoon coarse salt  
freshly ground black pepper

## Preparation Time: 10 minutes

## Cook Time: 5 minutes

Chop the tomatoes. Place in a bowl.

Add the garlic, olive oil, basil, salt and pepper.  
Toss gently.

Cover with plastic wrap and let stand at room temperature for two to four hours.

Per Serving (excluding unknown items): 88 Calories; 7g Fat (68.9% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 90mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	88
% Calories from Fat:	68.9%
% Calories from Carbohydrates:	26.2%
% Calories from Protein:	5.0%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	90mg
Potassium (mg):	288mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	20mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0

Calcium (mg): 12mg  
Iron (mg): 1mg  
Zinc (mg): trace  
Vitamin C (mg): 24mg  
Vitamin A (i.u.): 856IU  
Vitamin A (r.e.): 85 1/2RE

Non-Fat Milk: 0  
Fat: 1 1/2  
Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 88      Calories from Fat: 60

### % Daily Values\*

**Total Fat** 7g 11%  
Saturated Fat 1g 5%  
**Cholesterol** 0mg 0%  
**Sodium** 90mg 4%  
**Total Carbohydrates** 6g 2%  
Dietary Fiber 1g 6%  
**Protein** 1g

**Vitamin A** 17%  
**Vitamin C** 40%  
**Calcium** 1%  
**Iron** 4%

\* Percent Daily Values are based on a 2000 calorie diet.