

# Tarragon-Tomato Sauce

*Southern Living - 1984 Annual Recipes*

## **Yield: 1 1/2 cups**

*1 clove garlic, minced*  
*1 tablespoon olive oil*  
*3/4 teaspoon dried whole tarragon, crushed*  
*1/8 teaspoon pepper*  
*2 cans (8 ounce ea) tomato sauce*

In a heavy skillet, saute' the garlic in oil for 2 minutes.

Reduce the heat to medium. Stir in the tarragon, pepper and tomato sauce.

Cook, stirring constantly, until the sauce is thoroughly heated.

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Per Serving (excluding unknown items): 271 Calories; 14g Fat (42.8% calories from fat); 7g Protein; 36g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 2965mg Sodium. Exchanges: 0 Grain(Starch); 6 Vegetable; 2 1/2 Fat.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	271	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	42.8%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	48.2%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	8.9%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	14g	<b>Folacin (mcg):</b>	46mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	6mg
<b>Monounsaturated Fat (g):</b>	10g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0 0%
<b>Carbohydrate (g):</b>	36g		
<b>Dietary Fiber (g):</b>	7g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	7g	<b>Grain (Starch):</b>	0
<b>Sodium (mg):</b>	2965mg	<b>Lean Meat:</b>	0
<b>Potassium (mg):</b>	1833mg	<b>Vegetable:</b>	6
<b>Calcium (mg):</b>	75mg	<b>Fruit:</b>	0
<b>Iron (mg):</b>	4mg	<b>Non-Fat Milk:</b>	0
		<b>Fat:</b>	2 1/2

Zinc (mg): 1mg  
Vitamin C (mg): 30mg  
Vitamin A (i.u.): 4798IU  
Vitamin A (r.e.): 480RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

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Calories 271                      Calories from Fat: 116

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### % Daily Values\*

<b>Total Fat</b>	14g	22%
Saturated Fat	2g	10%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2965mg	124%
<b>Total Carbohydrates</b>	36g	12%
Dietary Fiber	7g	28%
<b>Protein</b>	7g	
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<b>Vitamin A</b>		96%
<b>Vitamin C</b>		51%
<b>Calcium</b>		8%
<b>Iron</b>		22%

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