

Tomato & Basil Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 2 3/4 cups

*6 spring onions
1 clove garlic
2 teaspoons olive oil
1 pound tomatoes
2 tablespoons fresh basil, chopped
1 tablespoon tomato paste
1/2 teaspoon caster sugar
12 teaspoons medium sherry
salt (to taste)
pepper (to taste)*

Chop the spring onions finely and chop the garlic.

In a saucepan, heat the oil for 1 minute. Add the onions and garlic. Cook for 5 minutes, stirring.

Peel and chop the tomatoes finely and add to the saucepan. Mix well. Stir the basil, tomato paste, sugar, sherry, salt and pepper into the tomato mixture. Mix well.

Bring slowly to a boil. Cover and simmer for 20 minutes, stirring occasionally. Adjust the seasoning before serving.

Serve with fresh pasta, such as tortellini or ravioli.

Per Serving (excluding unknown items): 214 Calories; 11g Fat (39.7% calories from fat); 6g Protein; 30g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 182mg Sodium. Exchanges: 6 Vegetable; 2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	214	Vitamin B6 (mg):	.4mg
% Calories from Fat:	39.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	50.2%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	10.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	11g	Folacin (mcg):	127mcg
Saturated Fat (g):	1g	Niacin (mg):	4mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 30g
 Dietary Fiber (g): 8g
 Protein (g): 6g
 Sodium (mg): 182mg
 Potassium (mg): 1356mg
 Calcium (mg): 105mg
 Iron (mg): 4mg
 Zinc (mg): 1mg
 Vitamin C (mg): 105mg
 Vitamin A (i.u.): 3526IU
 Vitamin A (r.e.): 351 1/2RE

Alcohol (kcal): 0
 % Deficit: 00%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 6
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 214 Calories from Fat: 85

% Daily Values*

Total Fat	11g	16%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	182mg	8%
Total Carbohydrates	30g	10%
Dietary Fiber	8g	31%
Protein	6g	
Vitamin A		71%
Vitamin C		174%
Calcium		10%
Iron		21%

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