



Quick Tomato Sauce (PKU-Friendly)

This is a simple, yet delicious sauce that can be served in a variety of ways. Try it over low-protein pasta or as the sauce for pizza!

U.S.		Metric	Phe (mg)	Pro (g)
2 Tbsp	Olive Oil	30 mL	0	0
1/2 cup	Yellow Onion, diced	64 g	10 mg	0.41 g
4 cloves	Garlic, minced	4 cloves	22 mg	0.76 g
1 cup	Mushroom, diced	226 g	0	0
1 (28 oz) can	Tomato Sauce, unsalted, canned	794 g	318 mg	9.53 g
1/8 tsp	Kosher Salt	0.75 g	0	0
To taste	Black Pepper, ground	To taste	5 mg	0.12 g
1/4 tsp	Red Pepper Flakes	1 g	0	0
1 Tbsp	Italian seasoning	14 g	22 mg	0.38 g
3/4 cup	Basil Leaves, cut into strips (chiffonade)	84.7 g	23 mg	0.57 g
<i>Optional:</i>				
1 Packet (1.2 oz)	PhenylAde GMP Mix-In, or other Glycomacropeptide (GMP) mix, unflavored	1 Packet (33.3g)	15.3mg	10 g

Protein per recipe: 11.8g, or 28g
Phe per recipe: 400mg, or 415.3mg

Protein per serving: 1.69g, or 4g
Phe per serving: 57.14mg, or 59.33mg

Preparation:

1. Gather all ingredients and equipment.
2. Heat olive oil in sauce pan over medium-high heat. Once hot, add the onions and mushrooms and sauté until onions are translucent and mushrooms are soft (about 3-5 minutes).
3. Once the onions and mushrooms are cooked add garlic, tomato sauce, red pepper flakes, salt, pepper and Italian seasoning.
4. Bring the sauce to a simmer and cook for 15-20 minutes. Avoid boiling, or the sauce will burn on the bottom of the pan. Lower the heat as necessary to prevent this. Once the sauce is finished simmering, add the GMP mix, if desired. Stir into sauce until it is completely dissolved. Do not bring sauce back to a boil.
5. If a smooth sauce is desired, transfer to a blender. Do not fill more than half way - you may need to work in batches. If the blender is too full hot liquid may start to come out of the lid, or enough steam will build up and blow the lid off. This can be prevented by venting the lid or removing the center piece of the lid and covering with a dish towel. Carefully blend to desired consistency.
6. Add the basil and serve.

****Nutrition Facts on Reverse**

Nutrition Facts

7 Servings

Serving size 1/2 cup

Amount per serving

Calories 100

Calories from Fat 50

Total Fat 6 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated 4 g

Cholesterol 0 mg

Sodium 65 mg

Total Carbohydrate 11 g

Dietary Fiber 3 g

Total Sugars 7 g

Includes 0g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 4 %

Iron 10 %

Potassium 550 mg

Phosphorus 63 mg

Nutrition Facts - With PhenylAde GMP Mix-In

5 Servings

Serving size 1/2 cup

Amount per serving

Calories 110

Calories from Fat 50

Total Fat 6 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated 4 g

Cholesterol 0 mg

Sodium 90 mg

Total Carbohydrate 11 g

Dietary Fiber 3 g

Total Sugars 7 g

Includes 0g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 20 %

Iron 10 %

Potassium 578 mg

Phosphorus 71 mg
