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Sundried Tomato Basil ♦

A delicious and healthy recipe made with sundried tomatoes and fresh basil. This recipe is vegan and fat-free, perfect for those following a plant-based diet.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

100 g	Sundried Tomatoes
50 g	fresh basil leaves
2 pieces	garlic cloves
2 tsp	lemon juice
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Soak the sundried tomatoes in warm water for 10 minutes to soften.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Blending

Drain the soaked sundried tomatoes and place them in a food processor.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Blending

Add the fresh basil leaves, garlic cloves, lemon juice, salt, and pepper to the food processor.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Blending

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Taste and adjust the seasoning if needed.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Transfer the sundried tomato basil sauce to a jar or container.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 40 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian Chinese

Course

Salads Soups Sauces & Dressings

Cultural

Chinese New Year Diwali Oktoberfest Passover St. Patrick's Day
Christmas Easter

Cost

\$10 to \$20 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Teen Friendly Allergy Friendly

Meal Type

Snack Lunch Supper

Difficulty Level

Easy

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