

FRESH TOMATO SAUCE

Servings: 8 (800 mL)

INGREDIENTS

¼ cup olive oil (60 mL)
½ yellow onion (80 g), chopped
3 garlic cloves (9 g), minced
½ tbsp salt (7.5 mL)
1 tsp pepper (5 mL)
1 tsp dried oregano (5 mL) or 1 tbsp coarsely chopped fresh oregano (1 g)
1 tsp dried basil (5 mL) or 1 tbsp coarsely chopped fresh basil (1.5 g)
1 (28-oz or 796 mL) can of whole tomatoes
PhenylAde® GMP MIX-IN/TYR Lophlex® GMP MIX-IN, 1 pouch added to an individual serving (see directions)

DIRECTIONS

1. In a medium saucepan, heat the olive oil on a medium setting. Add the onion and garlic. Sauté until lightly golden. Add the salt, pepper, oregano, basil and mix.
2. Add the canned tomatoes and slowly stir. Reduce the heat and simmer on low heat setting for 20 minutes.
3. Separate your portion and add 1 pouch of **PhenylAde/TYR Lophlex GMP MIX-IN** to cooled down ready-to-eat sauce. Whisk until uniform.
4. Serve with prepared Loprofin pasta, rice or any other low-protein food.*

NUTRITION INFORMATION

Per recipe (800 mL)		Per serving (100 mL)	
Calories	739 kcal	Calories	92 kcal
Protein	8.9 g	Protein	1.1 g
Phenylalanine	243 mg	Phenylalanine	30 mg
Tyrosine	151 mg	Tyrosine	19 mg

Adding 1 pouch of **PhenylAde GMP MIX-IN** per serving will add 42 calories, 10 g PE and 15.3 mg of PHE.

Adding 1 pouch of **TYR Lophlex GMP MIX-IN** per serving will add 40 calories, 10 g PE, 18 mg of PHE and 3.5 mg of TYR.

*Be sure to calculate any additional phenylalanine and/or protein from the food you eat with the tomato sauce.

Do not heat, bake or add PhenylAde/TYR Lophlex GMP MIX-IN to food or beverages above 54°C (130°F).

The protein content indicated in the recipes are provided as a guide only. Please check the protein content on individual ingredients and food labels. Always consult your metabolic dietitian before making any changes to your low-protein diet.

PhenylAde GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision.

TYR Lophlex GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven tyrosinemia (TYR) and must be used under medical supervision.

Loprofin pastas are foods for special dietary use from Nutricia North America for the dietary management of inherited metabolic disorders and other conditions requiring a low-protein diet and must be used under medical supervision.

Recipe and food photography by Akeela Jakhura

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