



## How Nutritious Are These Tomato-Based Dishes?

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Tomatoes are very nutritious. They are loaded with health benefits such as having Vitamins A, B, C, K — which are good for the eyes, the kidneys, the bones, and even the hair. But this incredibly versatile fruit is widely known for its high-level of lycopene, a natural antioxidant that can help protect against degenerative diseases. It can help prevent DNA from getting damaged and helps the cells to function better. This is why using [Del Monte Tomato Sauce](#) in dishes and pairing it with other healthy ingredients like fish and vegetables come highly recommended.

Would you like to know how nutritious tomato-based dishes can be? Find out more on that in the included recipes below:

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### **Creamy Chicken**

Indulge in this rich, creamy chicken dish made with tomato sauce that will only give you the best nutrients in every bite.

How nutritious is this dish? You get protein from the chicken, which is essential for growth. This dish is also a great source of niacin that helps keep the digestive and nervous systems healthy.

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### **Bacalao**

Bacalao is a dish with Portuguese origins, prepared with dried and salted (daing) cod (or any fish), potatoes, onions, olives and tomatoes. This version of Bacalao adds garbanzos or chickpeas, red bell pepper, pepper, Del Monte Tomato Paste and Tomato Sauce.

How nutritious is this dish? You get protein from fish and garbanzos; carbohydrates from potatoes; fiber, vitamins and minerals from the vegetables and mainly lycopene from tomato paste and tomato sauce.

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### **Arroz Cubana Kitchenomics**

This popular dish from Spain is made simply with ground meat simmered in that very aromatic scent of tomato sauce, and topped with fried bananas and eggs.

How nutritious is this dish? The dish is high in vitamin B1, which helps keep your nervous system healthy and has vitamin C to help our immunity fight common infections.

**Sources:**

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