



## 20-minute Pasta Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

SAUCE

### Ingredients

- 28 oz canned tomatoes pear-shaped canned
- 0.5 teaspoon chili flakes hot
- 0.5 cup cooking wine dry red
- 0.3 cup basil leaves fresh
- 6 cloves garlic minced
- 1 tablespoon olive oil
- 1 onion chopped

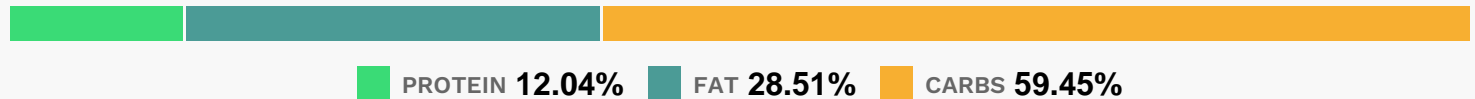
### Equipment

frying pan

## Directions

- In a 5- to 6-quart pan, combine onion, garlic, and oil. Stir often over medium-high heat until onion is soft, about 5 minutes. While onion cooks, mince basil leaves.
- Add to onion along with tomatoes and their juice, wine, and chili flakes. Boil until reduced to 3 cups, about 10 minutes, stirring often and breaking tomatoes into small pieces. Use hot.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:5.06, Inflammation Score:-7, Nutrition Score:11.909565272539%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

## Nutrients (% of daily need)

Calories: 138.1kcal (6.9%), Fat: 4.15g (6.39%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 15.03g (5.46%), Sugar: 9.97g (11.07%), Cholesterol: 0mg (0%), Sodium: 268.04mg (11.65%), Alcohol: 3.15g (100%), Alcohol %: 1.5% (100%), Protein: 3.95g (7.89%), Vitamin C: 21.97mg (26.63%), Manganese: 0.5mg (24.77%), Vitamin E: 3.1mg (20.67%), Copper: 0.4mg (19.78%), Vitamin B6: 0.39mg (19.7%), Potassium: 648.98mg (18.54%), Vitamin K: 19.3µg (18.38%), Fiber: 4.44g (17.77%), Iron: 2.82mg (15.69%), Vitamin B3: 2.53mg (12.65%), Vitamin A: 580.87IU (11.62%), Vitamin B1: 0.17mg (11.44%), Magnesium: 44.9mg (11.22%), Calcium: 85.46mg (8.55%), Folate: 32.25µg (8.06%), Phosphorus: 79.95mg (8%), Vitamin B2: 0.12mg (7%), Vitamin B5: 0.62mg (6.18%), Zinc: 0.66mg (4.38%), Selenium: 2.02µg (2.89%)