



All-Pasta Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



55 kcal

SAUCE

Ingredients

- 0.3 cup balsamic vinegar divided
- 2 bay leaves
- 1.5 tablespoons basil dried
- 1 tablespoon parsley dried
- 2 cloves garlic chopped
- 2 bell pepper green chopped
- 0.5 tablespoon oregano dried
- 0.3 cup salt

- 0.8 cup sugar
- 24 oz canned tomatoes canned
- 11 pounds tomatoes chopped
- 1 cup vegetable oil
- 4 qt frangelico
- 4 qt frangelico

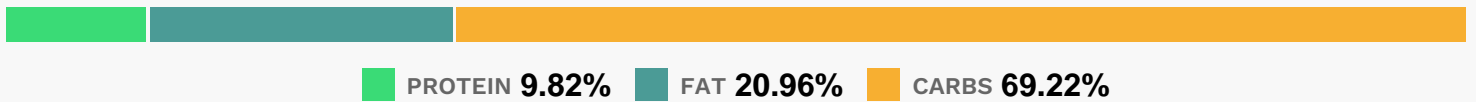
Equipment

- pot
- blender

Directions

- Process tomatoes, green peppers and onions in batches in a blender, add to a large stockpot. Bring to a boil, boil gently for one hour. Stir in tomato paste and next 8 ingredients; boil one more hour.
- Remove and discard bay leaves.
- Spoon into hot sterilized jars, leaving 1/2-inch headspace.
- Add one tablespoon balsamic vinegar to each jar.
- Remove air bubbles, wipe jar trims. Cover at once with metal lids and screw on bands. Process in a boiling water bath 20 minutes; set jars on a towel to cool.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:4.41, Inflammation Score:-7, Nutrition Score:6.5908695919358%

Flavonoids

Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg,

Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin:
0.86mg

Nutrients (% of daily need)

Calories: 55.46kcal (2.77%), Fat: 1.42g (2.19%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 10.57g (3.52%), Net
Carbohydrates: 8.55g (3.11%), Sugar: 8.16g (9.07%), Cholesterol: 0mg (0%), Sodium: 736.99mg (32.04%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 23.55mg (28.55%), Vitamin A: 1101.12IU (22.02%),
Vitamin K: 16.84µg (16.04%), Manganese: 0.21mg (10.51%), Potassium: 364.59mg (10.42%), Fiber: 2.02g (8.09%),
Vitamin B6: 0.14mg (7.18%), Vitamin E: 1.03mg (6.86%), Copper: 0.11mg (5.71%), Folate: 22.23µg (5.56%), Vitamin B3:
0.99mg (4.97%), Magnesium: 19.41mg (4.85%), Iron: 0.77mg (4.28%), Vitamin B1: 0.06mg (4.2%), Phosphorus:
37.83mg (3.78%), Calcium: 25mg (2.5%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.17mg
(1.67%)