



## Arrabbiata Pasta Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



131 kcal

SAUCE

### Ingredients

- 1 tablespoon vegetable oil
- 3 cloves garlic finely chopped
- 28 oz canned tomatoes with basil, undrained organic crushed canned
- 0.5 teaspoon pepper red crushed
- 0.5 teaspoon coarse salt (kosher or sea salt)
- 0.1 teaspoon pepper black
- 1 serving noodles hot cooked

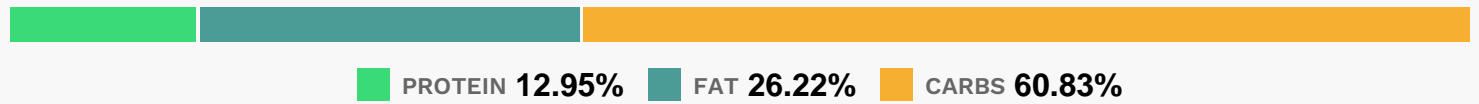
### Equipment

sauce pan

## Directions

- In 3-quart saucepan, heat oil over medium heat. Cook garlic in oil about 1 minute, stirring constantly, until golden.
- Stir in remaining ingredients.
- Heat to boiling. Reduce heat; simmer uncovered about 15 minutes, stirring occasionally, until thickened.
- Serve over cooked pasta as desired.

## Nutrition Facts



## Properties

Glycemic Index:37.13, Glycemic Load:7.28, Inflammation Score:-6, Nutrition Score:11.494347758915%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 131.35kcal (6.57%), Fat: 4.2g (6.47%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 17.63g (6.41%), Sugar: 8.89g (9.88%), Cholesterol: 0mg (0%), Sodium: 557.34mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Manganese: 0.48mg (24.11%), Vitamin C: 18.96mg (22.98%), Copper: 0.39mg (19.73%), Vitamin E: 2.87mg (19.13%), Potassium: 605.59mg (17.3%), Fiber: 4.3g (17.21%), Vitamin B6: 0.34mg (17.07%), Vitamin K: 17.18µg (16.36%), Iron: 2.94mg (16.35%), Vitamin B3: 2.56mg (12.78%), Magnesium: 44.56mg (11.14%), Vitamin B1: 0.16mg (10.55%), Selenium: 7.18µg (10.25%), Vitamin A: 501.33IU (10.03%), Phosphorus: 80.12mg (8.01%), Calcium: 74.31mg (7.43%), Folate: 27.43µg (6.86%), Vitamin B2: 0.11mg (6.61%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.68mg (4.55%)