

Arrabbiata Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

3

CALORIES

calories

141 kcal

SAUCE

Ingredients

- ☐ 29 ounce tomatoes diced peeled canned
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon olive oil

- ☐ 1 cup onion chopped
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 0.4 cup red wine
- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon sugar white

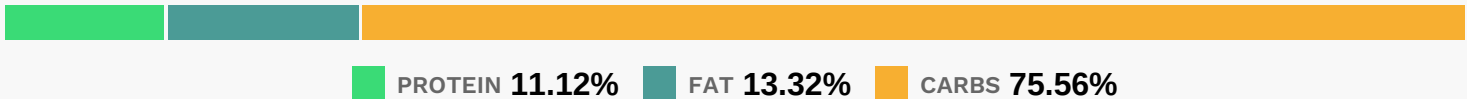
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat oil in a large skillet or saucepan over medium heat.
- ☐ Saute onion and garlic in oil for 5 minutes.
- ☐ Stir in wine, sugar, basil, red pepper, tomato paste, lemon juice, Italian seasoning, black pepper and tomatoes; bring to a boil. Reduce heat to medium, and simmer uncovered about 15 minutes.
- ☐ Stir in parsley. Ladle over the hot cooked pasta of your choice.

Nutrition Facts



Properties

Glycemic Index:108.7, Glycemic Load:5.15, Inflammation Score:-8, Nutrition Score:15.625217562136%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 0.24mg, Eriodictyol:

0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 12.6mg, Quercetin: 12.6mg, Quercetin: 12.6mg, Quercetin: 12.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 140.71kcal (7.04%), Fat: 1.98g (3.04%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 20.55g (7.47%), Sugar: 14.51g (16.13%), Cholesterol: 0mg (0%), Sodium: 492.85mg (21.43%), Alcohol: 3.18g (100%), Alcohol %: 1.04% (100%), Protein: 3.72g (7.43%), Vitamin K: 59.92µg (57.06%), Vitamin C: 38.63mg (46.83%), Vitamin B6: 0.48mg (24.08%), Manganese: 0.48mg (24.02%), Potassium: 796.77mg (22.76%), Iron: 3.75mg (20.82%), Vitamin E: 2.88mg (19.18%), Vitamin A: 949.68IU (18.99%), Fiber: 4.7g (18.79%), Copper: 0.28mg (14.13%), Vitamin B3: 2.58mg (12.88%), Calcium: 124.18mg (12.42%), Vitamin B2: 0.21mg (12.24%), Magnesium: 48.8mg (12.2%), Vitamin B1: 0.17mg (11.33%), Folate: 40.27µg (10.07%), Phosphorus: 94.49mg (9.45%), Zinc: 0.71mg (4.71%), Vitamin B5: 0.47mg (4.67%), Selenium: 1.93µg (2.75%)