



Basic Sauce for Pasta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

SAUCE

Ingredients

- 16 ounce tomato sauce canned
- 1 clove garlic minced
- 1 tablespoon processed cheese sauce
- 1 tablespoon olive oil
- 1 onion finely chopped
- 1 teaspoon oregano dried
- 4 servings salt and pepper to taste
- 1 cup water

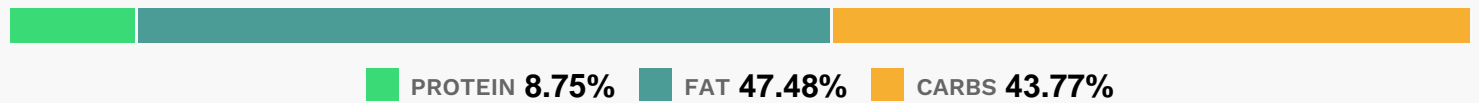
Equipment

frying pan

Directions

- In a large skillet over medium heat, saute' onion and garlic in the olive oil for about 5 minutes.
- Add tomato sauce, oregano, salt, pepper, cheese sauce and water. Lower heat and simmer until it thickens; about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:5.9978260320166%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 78.84kcal (3.94%), Fat: 4.55g (7.01%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.05g (2.56%), Sugar: 5.38g (5.98%), Cholesterol: 0.33mg (0.11%), Sodium: 766.03mg (33.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin E: 2.23mg (14.9%), Vitamin C: 10.22mg (12.39%), Potassium: 386.32mg (11.04%), Vitamin A: 519.95IU (10.4%), Manganese: 0.19mg (9.74%), Fiber: 2.4g (9.59%), Vitamin K: 8.51µg (8.11%), Vitamin B6: 0.16mg (7.93%), Copper: 0.16mg (7.81%), Iron: 1.36mg (7.58%), Vitamin B3: 1.18mg (5.92%), Magnesium: 21.89mg (5.47%), Vitamin B2: 0.08mg (4.98%), Folate: 16.64µg (4.16%), Phosphorus: 40.48mg (4.05%), Vitamin B5: 0.39mg (3.93%), Calcium: 36.11mg (3.61%), Vitamin B1: 0.04mg (2.82%), Zinc: 0.32mg (2.17%), Selenium: 0.95µg (1.35%)