



Basic Tomato (Pomodoro) Sauce

READY IN



35 min.

SERVINGS



12

CALORIES



401 kcal

SAUCE

Ingredients

- ☐ 168 ounce tomatoes chopped canned
- ☐ 1 small bunch basil fresh for garnish
- ☐ 12 cloves garlic thinly sliced
- ☐ 8 ounce grana padano cheese grated shaved for garnish
- ☐ 12 servings kosher salt
- ☐ 5 tablespoons olive oil for garnish
- ☐ 1 pound gemelli pasta
- ☐ 2.5 teaspoons sugar

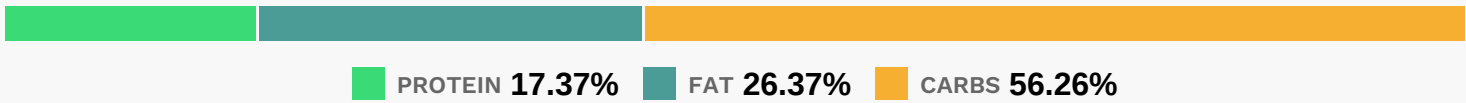
Equipment

☐ dutch oven

Directions

- ☐ In a large heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat.
- ☐ Add the garlic and cook until fragrant but not browned, 1 to 2 minutes.
- ☐ Add the tomatoes, bring to a simmer, and cook until thickened slightly, about 15 minutes. Stir in sugar, and season with salt, to taste.
- ☐ Meanwhile, cook pasta in boiling, salted water until al dente.
- ☐ Drain.
- ☐ Serve sauce over hot pasta with a drizzle of olive oil, a sprinkle of basil, and cheese.
- ☐ Let extra sauce cool completely and then seal in airtight containers. Refrigerate for up 1 week and freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:20.51, Inflammation Score:-8, Nutrition Score:27.366086674773%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 400.73kcal (20.04%), Fat: 12.42g (19.11%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 59.61g (19.87%), Net Carbohydrates: 50.78g (18.47%), Sugar: 19.49g (21.65%), Cholesterol: 12.85mg (4.28%), Sodium: 1023.39mg (44.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.81%), Manganese: 1.14mg (56.75%), Vitamin C: 37.57mg (45.54%), Selenium: 30.96µg (44.22%), Copper: 0.85mg (42.67%), Vitamin E: 5.89mg (39.28%), Calcium: 373.45mg (37.35%), Potassium: 1278.69mg (36.53%), Fiber: 8.82g (35.3%), Vitamin B6: 0.7mg (35.22%), Phosphorus: 334.57mg (33.46%), Iron: 5.91mg (32.85%), Vitamin B3: 5.57mg (27.85%), Magnesium: 108.91mg

(27.23%), Vitamin K: 27.72µg (26.4%), Vitamin B1: 0.35mg (23.02%), Vitamin A: 1036.36IU (20.73%), Vitamin B2: 0.3mg (17.4%), Folate: 60.27µg (15.07%), Zinc: 2.17mg (14.43%), Vitamin B5: 1.37mg (13.71%), Vitamin B12: 0.23µg (3.78%)