



## Basic Tomato (Pomodoro) Sauce

READY IN



35 min.

SERVINGS



12

CALORIES



401 kcal

SAUCE

### Ingredients

- 168 ounce canned tomatoes chopped canned
- 1 small bunch basil fresh for garnish
- 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 soup noodles
- 2.5 teaspoons sugar

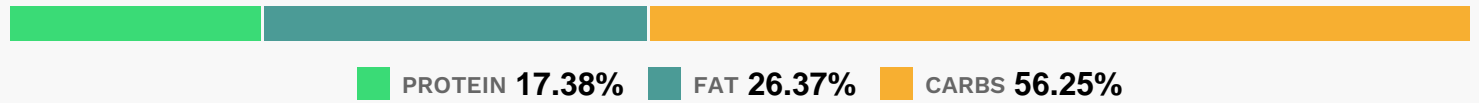
# Equipment

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:28.92, Glycemic Load:20.51, Inflammation Score:-8, Nutrition Score:27.575217418049%

# 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: 400.88kcal (20.04%), Fat: 12.42g (19.11%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 59.63g (19.88%), Net Carbohydrates: 50.79g (18.47%), Sugar: 19.49g (21.65%), Cholesterol: 12.85mg (4.28%), Sodium: 1023.42mg (44.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.86%), Manganese: 1.14mg (57.14%), Vitamin C: 37.69mg (45.69%), Selenium: 30.96µg (44.23%), Copper: 0.86mg (42.8%), Vitamin E: 5.9mg (39.32%), Calcium: 374.63mg (37.46%), Potassium: 1280.66mg (36.59%), Fiber: 8.83g (35.34%), Vitamin B6: 0.71mg (35.27%), Phosphorus: 334.95mg (33.49%), Iron: 5.93mg (32.97%), Vitamin K: 30.49µg (29.04%), Vitamin B3: 5.58mg

(27.88%), Magnesium: 109.34mg (27.33%), Vitamin B1: 0.35mg (23.03%), Vitamin A: 1071.53IU (21.43%), Vitamin B2: 0.3mg (17.43%), Folate: 60.72µg (15.18%), Zinc: 2.17mg (14.47%), Vitamin B5: 1.37mg (13.73%), Vitamin B12: 0.23µg (3.78%)