



Basic Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



138 kcal

SAUCE

Ingredients

- 56 ounce tomatoes whole peeled canned
- 0.3 cup basil leaves fresh roughly chopped
- 4 cloves garlic finely chopped
- 0.3 cup olive oil
- 1 large onion finely chopped
- 0.1 teaspoon pepper flakes red

Equipment

- sauce pan

blender

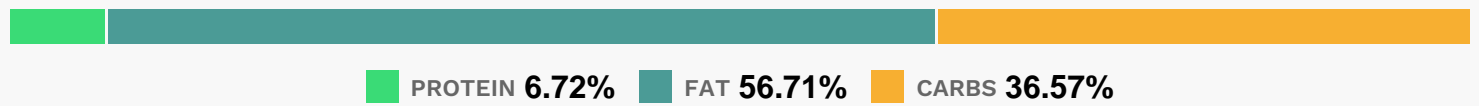
Directions

Add the tomatoes to a blender and puree until smooth.

Heat the olive oil in a large saucepan over medium-high heat. Once hot, add the onions and saute until tender, about 5 minutes. Stir in the garlic and red pepper flakes and cook until the garlic is fragrant, about 1 minute.

Add the tomatoes, bring to a boil, reduce the heat to a simmer and cook for 20 minutes. Stir in the basil the last minute of cooking.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:9.9499999958536%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 137.87kcal (6.89%), Fat: 9.39g (14.45%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.48g (3.81%), Sugar: 7.38g (8.2%), Cholesterol: 0mg (0%), Sodium: 380.61mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin C: 27.26mg (33.04%), Vitamin E: 3.13mg (20.84%), Vitamin B6: 0.35mg (17.55%), Vitamin K: 17.42µg (16.59%), Potassium: 545.81mg (15.59%), Iron: 2.74mg (15.24%), Manganese: 0.28mg (14.08%), Fiber: 3.14g (12.57%), Copper: 0.2mg (10.13%), Vitamin B3: 1.94mg (9.7%), Calcium: 93.39mg (9.34%), Vitamin B2: 0.16mg (9.15%), Vitamin B1: 0.14mg (9%), Magnesium: 32.81mg (8.2%), Vitamin A: 375.36IU (7.51%), Folate: 26.67µg (6.67%), Phosphorus: 61.27mg (6.13%), Vitamin B5: 0.36mg (3.57%), Zinc: 0.45mg (2.97%)