



Basic Tomato Sauce



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



345 kcal

SAUCE

Ingredients



4 servings basil leaves whole for garnish



56 ounce tomatoes whole crushed peeled canned



0.5 medium carrots finely grated



4 servings pasta like spaghetti cooked



3 tablespoons thyme leaves dried fresh chopped



4 garlic cloves peeled thinly sliced



0.3 cup olive oil extra-virgin



1 onion spanish

☐ 4 servings salt

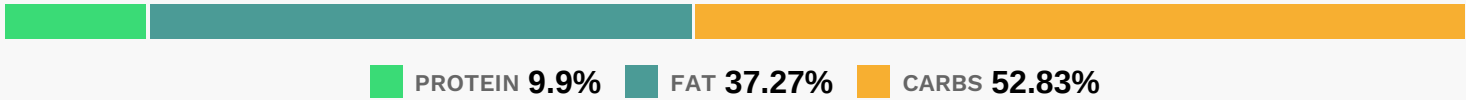
Equipment

☐ sauce pan

Directions

- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic, and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot, and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.
- ☐ When ready to use, the cooked pasta should be added to a saucepan with the appropriate
- ☐ amount of sauce.
- ☐ Garnish with basil leaves and cheese, if using.

Nutrition Facts



Properties

Glycemic Index:66.83, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:21.577826126762%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 345.47kcal (17.27%), Fat: 14.97g (23.03%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 40.73g (14.81%), Sugar: 11.49g (12.76%), Cholesterol: 0mg (0%), Sodium: 769.89mg (33.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.89%), Vitamin C: 49.1mg (59.51%), Vitamin A: 2093.95IU (41.88%), Manganese: 0.79mg (39.48%), Iron: 6.13mg (34.03%), Selenium: 23.41µg (33.45%), Vitamin E:

4.77mg (31.79%), Vitamin B6: 0.58mg (29.21%), Fiber: 7.01g (28.04%), Vitamin K: 29.1µg (27.72%), Potassium: 898.19mg (25.66%), Copper: 0.42mg (20.95%), Magnesium: 73.06mg (18.26%), Vitamin B3: 3.41mg (17.04%), Calcium: 168.32mg (16.83%), Vitamin B2: 0.28mg (16.28%), Vitamin B1: 0.22mg (14.83%), Phosphorus: 146.63mg (14.66%), Folate: 48.19µg (12.05%), Zinc: 1.2mg (8%), Vitamin B5: 0.66mg (6.62%)