



Basic Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



46 min.

SERVINGS



20

CALORIES



36 kcal

SAUCE

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 1 tablespoon brown sugar light
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt
- ☐ 0.8 cup onion sweet chopped
- ☐ 3 cups tomatoes chopped 6 medium tomatoes

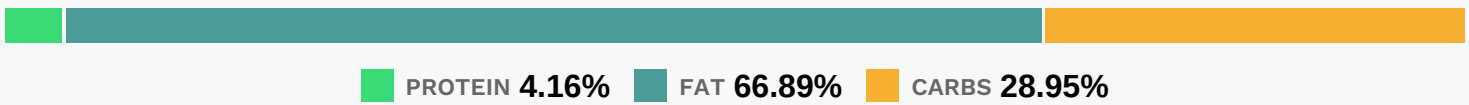
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Saut onion in hot oil in a medium saucepan over medium-high heat 3 to 4 minutes or until tender. Stir in garlic, thyme, and red pepper, and saut 2 minutes. Stir in tomatoes and brown sugar. Reduce heat to medium-low, and cook, stirring occasionally, 15 minutes.
- ☐ Stir in basil and next 4 ingredients, and cook 5 minutes.
- ☐ Remove from heat, and let cool 15 minutes.
- ☐ If desired, pulse tomato mixture, in batches, in a food processor 3 to 4 times or to desired consistency. Use immediately, or store in an airtight container in refrigerator up to 3 days.
- ☐ Note: To make ahead, prepare recipe as directed.
- ☐ Place sauce in an airtight container. Freeze sauce up to 3 months.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:2.011739121831%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 35.58kcal (1.78%), Fat: 2.8g (4.3%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.51g (1.67%), Cholesterol: 0mg (0%), Sodium: 119.27mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin K: 7.91µg (7.54%), Vitamin C: 4.28mg (5.19%), Vitamin A: 245.3IU (4.91%), Manganese: 0.09mg (4.42%), Vitamin E: 0.62mg (4.16%), Fiber: 0.65g (2.61%), Vitamin B6: 0.05mg (2.28%), Potassium: 76.19mg (2.18%), Iron: 0.39mg (2.15%), Calcium: 16.3mg (1.63%), Folate: 6.44µg (1.61%), Magnesium: 5.63mg (1.41%), Copper: 0.03mg (1.37%)