



Basic Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

SAUCE

Ingredients

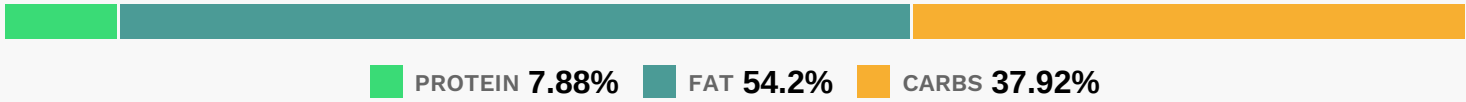
- ☐ 0.5 medium carrots shredded finely
- ☐ 4 tablespoons thyme leaves dried fresh or 2 tablespoons
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 6 servings salt to taste
- ☐ 56 ounce tomatoes mixed with their juices crushed well canned
- ☐ 3 ounces virgin olive oil

Equipment

Directions

- ☐ Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐ Add the thyme and carrot and cook 5 minutes more.
- ☐ Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐ Serve immediately, or set aside for further use. The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:19.747391151345%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 229.73kcal (11.49%), Fat: 15.15g (23.31%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 17.35g (6.31%), Sugar: 12.73g (14.14%), Cholesterol: 0mg (0%), Sodium: 549.39mg (23.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin K: 69.06µg (65.77%), Iron: 6.9mg (38.36%), Manganese: 0.76mg (37.94%), Vitamin E: 5.59mg (37.25%), Vitamin C: 27.96mg (33.89%), Vitamin A: 1519.98IU (30.4%), Copper: 0.52mg (26.14%), Fiber: 6.51g (26.04%), Potassium: 848.21mg (24.23%), Vitamin B6: 0.47mg (23.27%), Vitamin B3: 3.45mg (17.25%), Magnesium: 61.73mg (15.43%), Vitamin B1: 0.23mg (15.19%), Calcium: 150.14mg (15.01%), Folate: 46.21µg (11.55%), Phosphorus: 100.19mg (10.02%), Vitamin B2: 0.16mg (9.31%), Vitamin B5: 0.78mg (7.84%), Zinc: 0.95mg (6.31%), Selenium: 2.09µg (2.99%)