




 2%  
HEALTH SCORE

## Basic Tomato Sauce


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




46 min.

SERVINGS



20

CALORIES



38 kcal

SAUCE

### Ingredients

- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 1 tablespoon rosemary leaves fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 6 garlic clove minced
- 1 tablespoon brown sugar light
- 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



**PROTEIN 4.01%** **FAT 62.85%** **CARBS 33.14%**

## Properties

Glycemic Index:14.5, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:2.1108695722145%

## 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: 37.93kcal (1.9%), Fat: 2.8g (4.31%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 119.45mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin K: 9.16µg (8.72%), Vitamin C: 4.33mg (5.25%), Vitamin A: 261.12IU (5.22%), Manganese: 0.09mg (4.61%), Vitamin E: 0.63mg (4.18%), Fiber: 0.66g (2.63%), Vitamin B6: 0.05mg (2.31%), Iron: 0.4mg (2.22%), Potassium: 77.87mg (2.22%), Calcium: 17.33mg (1.73%), Folate: 6.65µg (1.66%), Magnesium: 5.88mg (1.47%), Copper: 0.03mg (1.44%), Phosphorus: 10.15mg (1.02%)