



Basic Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



10

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 medium onion finely chopped
- ☐ 1 small carrot or finely chopped
- ☐ 1 small stalk celery green finely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon basil dried fresh chopped
- ☐ 28 oz canned tomatoes fresh whole peeled seeded chopped canned

- ☐ 1 teaspoon tomato paste
- ☐ 10 servings salt and pepper black freshly ground to taste

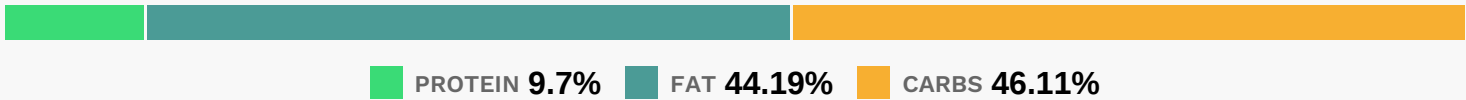
Equipment

- ☐ frying pan
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Gently cook the onion, carrot, celery, and parsley:
- ☐ Heat olive oil in a large wide skillet on medium heat.
- ☐ Add the chopped onion, carrot, celery and parsley. Stir to coat.
- ☐ Reduce the heat to low, cover the skillet and cook for 15 to 20 minutes, stirring occasionally until the vegetables are softened and cooked through.
- ☐ Add garlic:
- ☐ Remove cover and add the minced garlic. Increase the heat to medium high. Cook for garlic for 30 seconds.
- ☐ Add the tomatoes, including the juice and shredding them with your fingers if you are using canned whole tomatoes.
- ☐ Add the tomato paste and the basil. Season with salt and pepper to taste.
- ☐ Bring to a low simmer, reduce the heat to low and cook, uncovered until thickened, about 15 minutes.
- ☐ Optional, purée for smooth sauce: If you want you can push the sauce through a food mill, or purée it in a blender or with an immersion blender, to give it a smooth consistency.

Nutrition Facts



Properties

Glycemic Index:28.28, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:6.1765217418256%

Flavonoids

Apigenin: 1.78mg, Apigenin: 1.78mg, Apigenin: 1.78mg, Apigenin: 1.78mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 56.24kcal (2.81%), Fat: 3.06g (4.71%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 5.31g (1.93%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 115.16mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin A: 1091.2IU (21.82%), Vitamin K: 21.29µg (20.27%), Vitamin C: 9.35mg (11.33%), Vitamin E: 1.47mg (9.82%), Manganese: 0.19mg (9.35%), Potassium: 275.42mg (7.87%), Copper: 0.16mg (7.85%), Fiber: 1.87g (7.48%), Vitamin B6: 0.14mg (7.03%), Iron: 1.2mg (6.69%), Vitamin B3: 1.07mg (5.33%), Magnesium: 18.47mg (4.62%), Vitamin B1: 0.07mg (4.5%), Folate: 14.4µg (3.6%), Calcium: 34.04mg (3.4%), Phosphorus: 30.87mg (3.09%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.26mg (1.72%)