



Brian's Favorite Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



496 kcal

SAUCE

Ingredients

- ☐ 64 ounce tomatoes diced canned
- ☐ 30 ounce tomato sauce canned
- ☐ 1 pinch cayenne pepper
- ☐ 1 teaspoon basil dried
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound sausage sweet italian
- ☐ 6 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar white

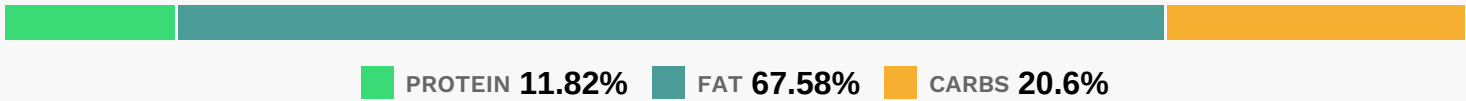
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat saute chopped onion and garlic in the oil. Break up sausage into small pieces and brown.
- ☐ Add tomato sauce, ground black pepper, dried oregano, dried basil, chopped tomatoes, salt, sugar and cayenne pepper; stir well.
- ☐ Let simmer uncovered 15 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:44.85, Glycemic Load:5.86, Inflammation Score:-8, Nutrition Score:23.220434893732%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 496.28kcal (24.81%), Fat: 38.56g (59.33%), Saturated Fat: 10.58g (66.14%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 20.79g (7.56%), Sugar: 17.03g (18.93%), Cholesterol: 57.46mg (19.15%), Sodium: 2045.95mg (88.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Vitamin C: 41.24mg (49.99%), Vitamin E: 6.17mg (41.15%), Vitamin B1: 0.61mg (40.71%), Vitamin B6: 0.74mg (37.03%), Potassium: 1220.87mg (34.88%), Iron: 5.55mg (30.85%), Vitamin B3: 6.06mg (30.31%), Selenium: 20.18µg (28.83%), Manganese: 0.52mg (25.81%), Vitamin K: 25.44µg (24.23%), Vitamin B2: 0.4mg (23.27%), Fiber: 5.66g (22.65%),

Copper: 0.45mg (22.48%), Phosphorus: 210.94mg (21.09%), Vitamin A: 979.95IU (19.6%), Magnesium: 69.15mg (17.29%), Zinc: 2.15mg (14.34%), Calcium: 140.8mg (14.08%), Vitamin B5: 1.21mg (12.14%), Folate: 47.47µg (11.87%), Vitamin B12: 0.69µg (11.47%)