



WHATSheATE

Bryan's Sweet and Hot Tomato Pasta Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



304 kcal

SAUCE

Ingredients



0.8 cup brown sugar divided



28 ounce canned tomatoes crushed canned



0.3 teaspoon celery salt



2 cloves garlic finely chopped



0.1 teaspoon ground pepper black



2 tablespoons olive oil



0.5 tablespoon chile pepper dried red crumbled



0.1 teaspoon salt

☐ 6 ounce tomato paste canned

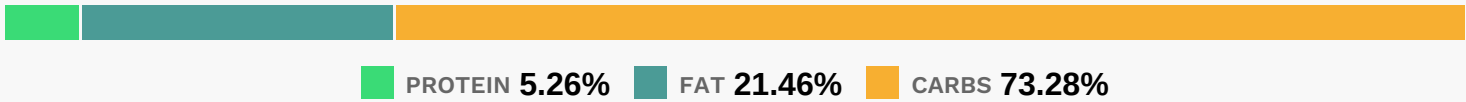
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan, combine olive oil, garlic, salt, pepper and red peppers and lightly saute over high heat.
- ☐ Reduce heat to low and mix in tomatoes and tomato paste. Stir in celery salt, salt and pepper. Start with 1/2 cup of the brown sugar and mix into the sauce. Gradually add brown sugar, depending on acidity of tomatoes. First taste of sauce should be sweet.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:5.08, Inflammation Score:-7, Nutrition Score:13.984347944674%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 304.12kcal (15.21%), Fat: 7.79g (11.99%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 59.86g (19.95%), Net Carbohydrates: 54.7g (19.89%), Sugar: 51.39g (57.1%), Cholesterol: 0mg (0%), Sodium: 549.73mg (23.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin C: 23.22mg (28.14%), Vitamin E: 4.08mg (27.2%), Manganese: 0.52mg (25.81%), Copper: 0.47mg (23.5%), Potassium: 802.43mg (22.93%), Fiber: 5.16g (20.62%), Vitamin B6: 0.41mg (20.61%), Vitamin A: 1008.16IU (20.16%), Iron: 3.61mg (20.05%), Vitamin K: 19.11µg (18.2%), Vitamin B3: 3.16mg (15.81%), Magnesium: 54.02mg (13.51%), Vitamin B1: 0.19mg (12.35%), Calcium: 120.2mg (12.02%), Vitamin B2: 0.15mg (8.78%), Phosphorus: 84.09mg (8.41%), Folate: 32.74µg (8.18%), Vitamin B5: 0.75mg (7.52%), Zinc: 0.7mg (4.67%), Selenium: 2.22µg (3.17%)