



WHATSheATE



Chef John's Tomato Sauce



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



112 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 1 rib celery diced finely
- ☐ 2 tablespoons flat-leaf parsley italian chopped
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon herbs dried italian
- ☐ 0.3 cup olive oil
- ☐ 1 onion diced finely
- ☐ 1 pinch pepper flakes red

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon tomato paste
- ☐ 56 ounce san marzano tomatoes whole peeled canned
- ☐ 2 teaspoons sugar white
- ☐ 1 teaspoon citrus champagne vinegar

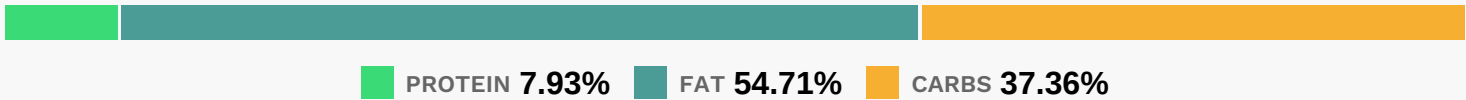
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ dutch oven

Directions

- ☐ Place olive oil, onion, celery, and a pinch of salt into a large heavy saucepan or Dutch oven over medium-low heat. Cook until onions are very soft, about 15 minutes, stirring occasionally.
- ☐ Mix garlic into onion mixture and cook just until fragrant, about 1 more minute.
- ☐ Pour tomatoes and their juice into a large mixing bowl and use your hands to crush the tomatoes until they look pureed.
- ☐ Mix sugar, 1 teaspoon salt, anchovy paste, white wine vinegar, Italian herbs, and red pepper flakes into vegetable mixture. Raise heat to medium and cook just until liquid has evaporated. Stir in tomato paste and bring to a simmer.
- ☐ Pour in San Marzano tomatoes and parsley. Bring sauce to a simmer, turn heat to low, and simmer for 1 1/2 hours, adding a little water as the sauce cooks down. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:34.89, Glycemic Load:3.32, Inflammation Score:-8, Nutrition Score:10.272173967698%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 111.74kcal (5.59%), Fat: 7.28g (11.2%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 8.28g (3.01%), Sugar: 7.14g (7.93%), Cholesterol: 0.64mg (0.21%), Sodium: 349.73mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin C: 30.6mg (37.09%), Vitamin K: 38.8µg (36.95%), Vitamin A: 1796.79IU (35.94%), Potassium: 541.52mg (15.47%), Vitamin E: 2.21mg (14.71%), Manganese: 0.29mg (14.51%), Fiber: 2.9g (11.6%), Vitamin B6: 0.21mg (10.29%), Folate: 36.38µg (9.1%), Vitamin B3: 1.45mg (7.26%), Copper: 0.14mg (7.06%), Magnesium: 26.38mg (6.59%), Phosphorus: 59.51mg (5.95%), Vitamin B1: 0.09mg (5.78%), Iron: 0.85mg (4.71%), Calcium: 33.89mg (3.39%), Vitamin B2: 0.05mg (3.16%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.23mg (2.3%), Selenium: 0.93µg (1.33%)