



Chunky Garden-Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SAUCE

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

☐ 5.5 cups tomatoes seeded chopped

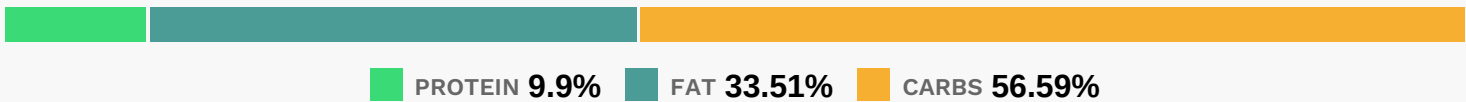
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add remaining ingredients, and bring to a boil, stirring occasionally. Reduce heat, and simmer 10 minutes, stirring occasionally.
- ☐ Serve over pasta or polenta, or on crostini.

Nutrition Facts



Properties

Glycemic Index:68.02, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:12.147826013358%

Flavonoids

Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg, Quercetin: 9.36mg

Nutrients (% of daily need)

Calories: 99.42kcal (4.97%), Fat: 4.09g (6.29%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 11.22g (4.08%), Sugar: 8.22g (9.13%), Cholesterol: 0mg (0%), Sodium: 303.83mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin C: 32.29mg (39.14%), Vitamin K: 40.48µg (38.55%), Vitamin A: 1830.01IU (36.6%), Manganese: 0.49mg (24.7%), Fiber: 4.32g (17.28%), Potassium: 593.68mg (16.96%), Vitamin E: 2.09mg (13.94%), Vitamin B6: 0.28mg (13.89%), Folate: 45.39µg (11.35%), Iron: 1.69mg (9.39%), Magnesium: 35.22mg (8.8%), Copper: 0.17mg (8.45%), Calcium: 78.48mg (7.85%), Vitamin B3: 1.42mg (7.08%), Vitamin B1: 0.11mg (7.02%), Phosphorus: 70.1mg (7.01%), Vitamin B2: 0.07mg (3.99%), Zinc: 0.53mg (3.55%), Vitamin B5: 0.28mg (2.77%), Selenium: 0.76µg (1.08%)