



Chunky Herb-Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



55 kcal

SAUCE

Ingredients

- 35 ounce canned tomatoes undrained chopped canned
- 0.8 teaspoon basil dried
- 4 garlic cloves minced
- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.5 teaspoon oregano dried
- 0.5 teaspoon pepper
- 0.1 teaspoon salt

1.5 teaspoons sugar

Equipment

sauce pan

Directions

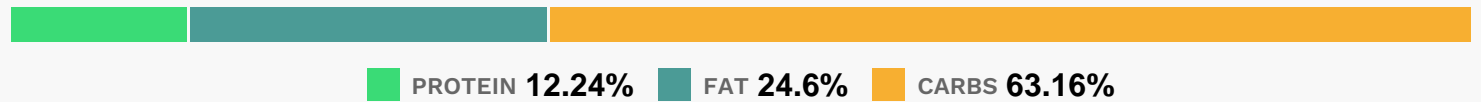
Heat the oil in a large saucepan over medium heat until hot.

Add onion and garlic; saute 3 minutes.

Add remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 15 minutes.

Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:2.91, Inflammation Score:-4, Nutrition Score:5.7652173145958%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 55.32kcal (2.77%), Fat: 1.71g (2.63%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 7.61g (2.77%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 161.02mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin C: 10.69mg (12.96%), Manganese: 0.25mg (12.37%), Vitamin E: 1.47mg (9.82%), Copper: 0.19mg (9.75%), Vitamin B6: 0.19mg (9.26%), Potassium: 323.49mg (9.24%), Fiber: 2.28g (9.11%), Iron: 1.47mg (8.15%), Vitamin K: 8.26µg (7.86%), Vitamin B3: 1.25mg (6.24%), Magnesium: 22.72mg (5.68%), Vitamin B1: 0.08mg (5.63%), Vitamin A: 216.56IU (4.33%), Calcium: 43.35mg (4.33%), Folate: 16.46µg (4.12%), Phosphorus: 38.74mg (3.87%), Vitamin B2: 0.06mg (3.47%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.32mg (2.12%), Selenium: 0.86µg (1.23%)