



Chunky Red Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



5

CALORIES



57 kcal

SAUCE

Ingredients



14.5 oz canned tomatoes diced canned



2 teaspoons penzey's southwest seasoning dried italian



0.3 teaspoon pepper



26 oz vegetable spaghetti sauce

Equipment

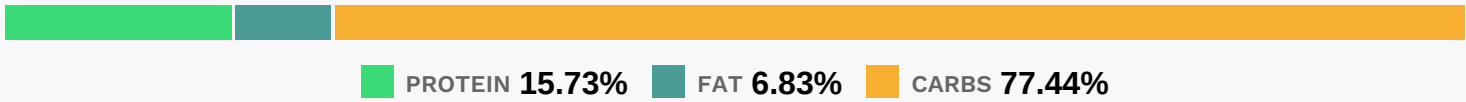


sauce pan

Directions

- ☐ Stir together all ingredients in a large saucepan over medium heat. Cook, stirring frequently, 15 minutes or until thoroughly heated.
- ☐ *1 (5-oz.) can diced tomatoes may be substituted.
- ☐ Note: For testing purposes only, we used Ragu Garden Combination Pasta Sauce and Hunt's Fire Roasted Diced Tomatoes.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:7.2426086975181%

Nutrients (% of daily need)

Calories: 56.66kcal (2.83%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.02g (3.28%), Sugar: 7.18g (7.98%), Cholesterol: 0mg (0%), Sodium: 825.59mg (35.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin A: 981.33IU (19.63%), Vitamin E: 2.27mg (15.13%), Vitamin C: 11.82mg (14.32%), Fiber: 3.21g (12.84%), Potassium: 449.24mg (12.84%), Iron: 2.16mg (12.02%), Manganese: 0.21mg (10.52%), Vitamin K: 9.27µg (8.82%), Copper: 0.18mg (8.8%), Vitamin B6: 0.15mg (7.66%), Vitamin B3: 1.5mg (7.5%), Magnesium: 24.44mg (6.11%), Vitamin B2: 0.1mg (5.9%), Calcium: 58.52mg (5.85%), Vitamin B5: 0.46mg (4.64%), Phosphorus: 41.14mg (4.11%), Folate: 15.18µg (3.8%), Vitamin B1: 0.04mg (2.46%), Zinc: 0.35mg (2.31%), Selenium: 0.93µg (1.32%)