



Chunky Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



135 kcal

SAUCE

Ingredients

- 28 ounce canned tomatoes diced canned
- 2 tablespoons basil leaves fresh chopped
- 2 tablespoons parsley leaves fresh chopped
- 1 tablespoon garlic chopped
- 2 tablespoons olive oil
- 0.5 medium onion diced
- 4 servings salt and pepper black freshly ground

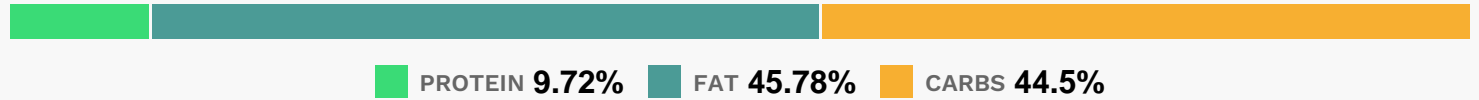
Equipment

pot

Directions

- In a medium pot heat olive oil over medium heat.
- Add onion and garlic and saute for 3 minutes.
- Add remaining ingredients and simmer for another 15 minutes.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:4.57, Inflammation Score:-6, Nutrition Score:12.964782559353%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 135.06kcal (6.75%), Fat: 7.6g (11.7%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 12.48g (4.54%), Sugar: 9.36g (10.39%), Cholesterol: 0mg (0%), Sodium: 264.16mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Vitamin K: 51.93µg (49.46%), Vitamin C: 22.74mg (27.56%), Vitamin E: 3.52mg (23.45%), Manganese: 0.44mg (22.09%), Copper: 0.38mg (19.13%), Potassium: 624.97mg (17.86%), Vitamin B6: 0.34mg (17.13%), Fiber: 4.15g (16.61%), Iron: 2.85mg (15.82%), Vitamin A: 648.89IU (12.98%), Vitamin B3: 2.49mg (12.46%), Magnesium: 43.38mg (10.84%), Vitamin B1: 0.16mg (10.76%), Folate: 32.21µg (8.05%), Calcium: 79.3mg (7.93%), Phosphorus: 72.43mg (7.24%), Vitamin B2: 0.11mg (6.59%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.61mg (4.09%), Selenium: 1.55µg (2.22%)