



Classic Italian Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

SAUCE

Ingredients

- ☐ 0.3 cup cooking wine dry red
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 3 tablespoons basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 43.5 ounce no-salt-added tomatoes whole drained finely chopped canned
- ☐ 2 teaspoons olive oil
- ☐ 1.3 cups onion minced
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup sun-dried tomato paste

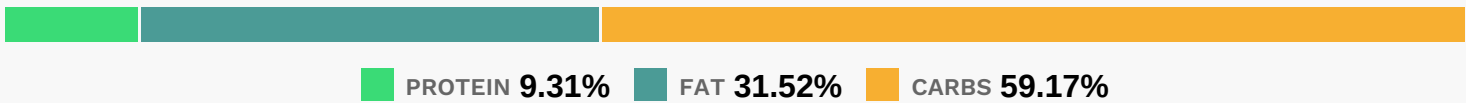
Equipment

- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; add oil, and place over medium-high heat until hot.
- ☐ Add onion and garlic; saute until tender.
- ☐ Add tomato and remaining ingredients. Reduce heat; simmer, uncovered, 30 minutes or until thickened.

Nutrition Facts



Properties

Glycemic Index:38.18, Glycemic Load:1.78, Inflammation Score:-6, Nutrition Score:8.2586956594301%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 99.81kcal (4.99%), Fat: 3.22g (4.95%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 10.83g (3.94%), Sugar: 7.65g (8.5%), Cholesterol: 0mg (0%), Sodium: 392.89mg (17.08%), Alcohol: 1.05g (100%), Alcohol %: 0.5% (100%), Protein: 2.14g (4.28%), Vitamin C: 22.26mg (26.99%), Iron: 2.73mg (15.15%), Vitamin B6: 0.29mg (14.47%), Manganese: 0.26mg (12.99%), Potassium: 448.05mg (12.8%), Vitamin A: 604.08IU

(12.08%), Fiber: 2.76g (11.03%), Vitamin E: 1.61mg (10.71%), Vitamin K: 11.21µg (10.67%), Copper: 0.17mg (8.31%), Calcium: 78.38mg (7.84%), Vitamin B3: 1.53mg (7.66%), Vitamin B1: 0.11mg (7.46%), Vitamin B2: 0.13mg (7.38%), Magnesium: 27.75mg (6.94%), Folate: 23.52µg (5.88%), Phosphorus: 52.52mg (5.25%), Vitamin B5: 0.3mg (2.96%), Zinc: 0.38mg (2.52%)