

# Classic Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



118 kcal

SAUCE

## Ingredients

- 1 bay leaves
- 2 garlic clove roughly chopped
- 0.3 cup olive oil
- 1 onion diced finely
- 1 teaspoon oregano dried fresh chopped
- 52 ounce plum tomatoes whole with their liquid chopped canned
- 2 teaspoons salt to taste
- 2 tablespoons tomato paste

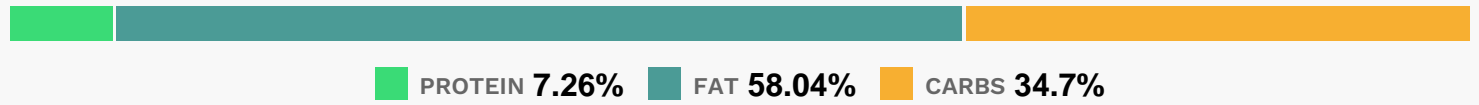
# Equipment

pot

# Directions

- Heat the olive oil in a large pot over medium heat.
- Add the onions, bay leaf, oregano, garlic, and salt and cook, stirring often, until the onions are soft and translucent, about 10 minutes.
- Add the tomato paste and continue cooking for 5 minutes.
- Add the tomatoes and stir constantly until the sauce begins to boil. Lower the heat and simmer for 1 hour, stirring every 5 minutes or so to prevent the sauce on the bottom of the pot from burning. Taste and season with additional salt, if desired.
- Remove the bay leaf before serving.

# Nutrition Facts



# Properties

Glycemic Index:20.71, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:9.9343478627827%

# Flavonoids

Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg 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: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

# Nutrients (% of daily need)

Calories: 118.21kcal (5.91%), Fat: 8.19g (12.6%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 7.89g (2.87%), Sugar: 6.78g (7.54%), Cholesterol: 0mg (0%), Sodium: 712.07mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin C: 31.3mg (37.93%), Vitamin A: 1830.12IU (36.6%), Vitamin K: 23.66µg (22.53%), Vitamin E: 2.5mg (16.67%), Potassium: 575.74mg (16.45%), Manganese: 0.31mg (15.28%), Fiber: 3.12g (12.5%), Vitamin B6: 0.21mg (10.55%), Folate: 35.85µg (8.96%), Copper: 0.15mg (7.6%), Vitamin B3: 1.43mg (7.15%), Magnesium: 27.68mg (6.92%), Phosphorus: 60.65mg (6.06%), Vitamin B1: 0.09mg (6.01%), Iron: 0.91mg (5.07%), Calcium: 33.04mg (3.3%), Vitamin B2: 0.05mg (3.16%), Zinc: 0.43mg (2.89%), Vitamin

B5: 0.22mg (2.21%)