




 **47%**
HEALTH SCORE

Slow-Simmered Spaghetti Sauce


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




375 min.

SERVINGS



5

CALORIES



166 kcal

SAUCE

Ingredients

- 2 cloves garlic minced
- 1 large onion chopped
- 58 ounce canned tomatoes italian-style undrained chopped canned
- 15 ounce tomato sauce canned
- 12 ounce canned tomatoes canned
- 3 teaspoons basil dried
- 3 teaspoons oregano dried
- 0.5 teaspoon pepper red dry crushed

1 teaspoon salt

Equipment

slow cooker

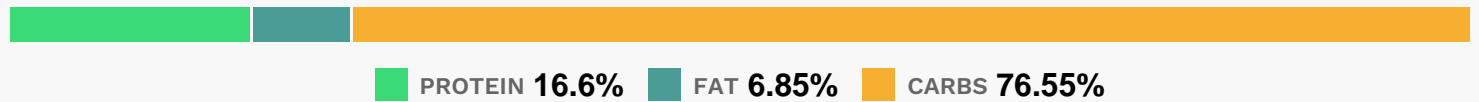
Directions

Combine all ingredients in a 4-quart slow cooker.

Cook, covered, on HIGH, 6 hours.

Serve over spaghetti, chicken, or pork.

Nutrition Facts



Properties

Glycemic Index:36.6, Glycemic Load:10.33, Inflammation Score:-9, Nutrition Score:25.791739339414%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 166.35kcal (8.32%), Fat: 1.51g (2.32%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 27.7g (10.07%), Sugar: 21.85g (24.28%), Cholesterol: 0mg (0%), Sodium: 1397.57mg (60.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Vitamin C: 45.1mg (54.66%), Manganese: 1mg (49.97%), Vitamin E: 6.55mg (43.68%), Copper: 0.86mg (43.1%), Potassium: 1499mg (42.83%), Fiber: 10.16g (40.63%), Vitamin K: 41.52µg (39.54%), Iron: 7.08mg (39.32%), Vitamin B6: 0.75mg (37.72%), Vitamin B3: 5.84mg (29.22%), Vitamin A: 1306.46IU (26.13%), Magnesium: 103.25mg (25.81%), Vitamin B1: 0.34mg (22.49%), Calcium: 189.47mg (18.95%), Folate: 69.75µg (17.44%), Vitamin B2: 0.29mg (16.85%), Phosphorus: 164.52mg (16.45%), Vitamin B5: 1.43mg (14.28%), Zinc: 1.41mg (9.39%), Selenium: 3.33µg (4.75%)