



Garden Tomato Sauce over Pasta

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 servings soup noodles hot cooked
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 garlic clove minced
- ☐ 2 lb heirloom tomatoes cored chopped
- ☐ 15 servings kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 3 tablespoons oregano fresh chopped

- ☐ 15 servings garnish: oregano leaves fresh
- ☐ 15 servings pepper freshly ground

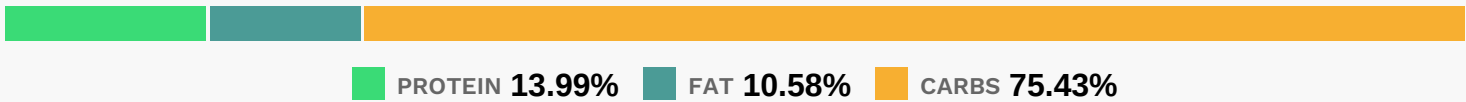
Equipment

- ☐ dutch oven

Directions

- ☐ Saut onion in hot oil in a Dutch oven over medium-high heat 3 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Add tomatoes, kosher salt, and freshly ground pepper to taste. Cook, stirring often, 2 to 3 minutes or until tomatoes start to release their juices.
- ☐ Add wine, and cook, stirring occasionally, 5 to 8 minutes or until almost all liquid has evaporated.
- ☐ Remove from heat, and stir in oregano.
- ☐ Serve sauce over hot cooked pasta. Store sauce in an airtight container in refrigerator up to 1 week, or freeze up to 1 month.

Nutrition Facts



Properties

Glycemic Index:12.37, Glycemic Load:12.88, Inflammation Score:-9, Nutrition Score:8.0482609012853%

Flavonoids

Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 1.05mg, Malvidin: 1.05mg, Malvidin: 1.05mg, Malvidin: 1.05mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 166.87kcal (8.34%), Fat: 1.95g (2.99%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 27.88g (10.14%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 198.66mg (8.64%), Alcohol: 0.42g (100%), Alcohol %: 0.32% (100%), Protein: 5.79g (11.57%), Selenium: 22.62µg (32.31%), Manganese: 0.47mg (23.64%), Vitamin K: 17.98µg (17.13%), Fiber: 3.32g (13.27%), Iron: 2.03mg (11.28%), Vitamin C: 9.18mg (11.13%), Vitamin A: 538.59IU (10.77%), Magnesium: 28.65mg (7.16%), Phosphorus: 70.33mg (7.03%), Copper: 0.14mg (6.98%), Potassium: 223.69mg (6.39%), Vitamin B6: 0.13mg (6.32%), Vitamin E: 0.88mg (5.87%), Folate: 21.81µg (5.45%), Calcium: 47.33mg (4.73%), Zinc: 0.61mg (4.08%), Vitamin B3: 0.81mg (4.03%), Vitamin B1: 0.05mg (3.22%), Vitamin B2: 0.04mg (2.49%), Vitamin B5: 0.18mg (1.83%)