



Grandma's Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

SAUCE

Ingredients

- ☐ 56 oz tomatoes with basil and oregano crushed canned
- ☐ 5 bay leaves dried
- ☐ 1.5 cups cooking wine dry red
- ☐ 2 tablespoons basil leaves dried fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon pepper

- ☐ 1.3 lb roma tomatoes chopped
- ☐ 8 servings salt
- ☐ 30 oz tomato paste canned

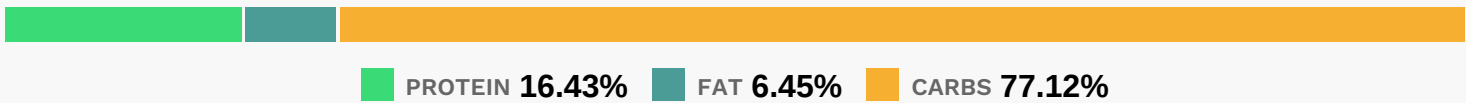
Equipment

- ☐ frying pan

Directions

- ☐ In an 8- to 10-quart pan, combine 3 cups water, canned tomatoes with their liquid, tomato paste, Roma tomatoes, wine, onion, basil, garlic, bay leaves, oregano, and pepper.
- ☐ Bring to a boil over high heat, stirring often; reduce heat, cover, and simmer, stirring occasionally, until reduced to 4 quarts, 45 minutes to 1 hour.
- ☐ Remove bay leaves and add salt to taste. Use hot or cool.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:7.51, Inflammation Score:-9, Nutrition Score:20.263478175454%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 160.94kcal (8.05%), Fat: 1.08g (1.67%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 21.63g (7.87%), Sugar: 16.16g (17.96%), Cholesterol: 0mg (0%), Sodium: 601.47mg (26.15%), Alcohol: 4.72g (100%), Alcohol %: 1.35% (100%), Protein: 6.22g (12.44%), Vitamin C: 39.58mg (47.98%), Manganese: 0.83mg

(41.45%), Vitamin K: 40.96µg (39.01%), Potassium: 1127.26mg (32.21%), Copper: 0.64mg (31.83%), Fiber: 7.56g (30.26%), Iron: 5.26mg (29.19%), Vitamin E: 4.35mg (29.01%), Vitamin B6: 0.57mg (28.4%), Vitamin A: 1263.02IU (25.26%), Vitamin B3: 4.24mg (21.2%), Magnesium: 79.29mg (19.82%), Vitamin B1: 0.27mg (17.83%), Calcium: 145.26mg (14.53%), Folate: 57.93µg (14.48%), Phosphorus: 125.44mg (12.54%), Vitamin B2: 0.19mg (11.32%), Vitamin B5: 0.95mg (9.55%), Zinc: 1.07mg (7.15%), Selenium: 2.13µg (3.04%)