

Herb-Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes italian-style undrained chopped canned
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 2 tablespoons thyme leaves fresh finely chopped
- ☐ 1 large garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons oregano fresh finely chopped
- ☐ 0.3 teaspoon pepper

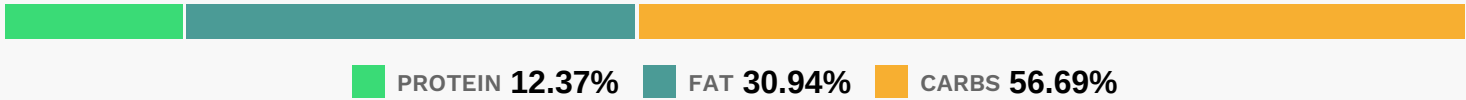
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add oregano and remaining ingredients. Bring to a simmer over medium-high heat; cook 25 minutes or until reduced to 2 cups.
- ☐ Note: Sauce can be made ahead and kept covered in refrigerator up to 4 days.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:7.7100000277809%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.49kcal (2.67%), Fat: 2.13g (3.27%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 6.04g (2.2%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 132.14mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin K: 32.67µg (31.11%), Vitamin C: 13.5mg (16.36%), Manganese: 0.3mg (14.78%), Iron: 2.16mg (11.97%), Vitamin E: 1.73mg (11.55%), Fiber: 2.73g (10.9%), Copper: 0.2mg (10.23%), Potassium: 326.5mg (9.33%), Vitamin B6: 0.17mg (8.72%), Vitamin A: 428.73IU (8.57%), Magnesium: 27.04mg (6.76%), Vitamin B3: 1.32mg (6.62%), Calcium: 64.02mg (6.4%), Vitamin B1: 0.08mg (5.29%), Folate: 18.53µg (4.63%), Vitamin B2: 0.07mg (4.02%), Phosphorus: 36.99mg (3.7%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.35mg (2.35%), Selenium: 0.71µg (1.01%)