



Herbed Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



30 kcal

SAUCE

Ingredients

- 14.5 ounce canned tomatoes whole undrained chopped canned
- 0.5 teaspoon fennel seeds crushed
- 0.3 cup basil fresh chopped
- 1 large clove garlic minced
- 1 teaspoon olive oil
- 1 cup onion chopped
- 1 tablespoon oregano fresh chopped
- 0.1 teaspoon pepper

- 0.1 teaspoon salt
- 1 tablespoon no-salt-added tomato paste
- 0.5 cup water

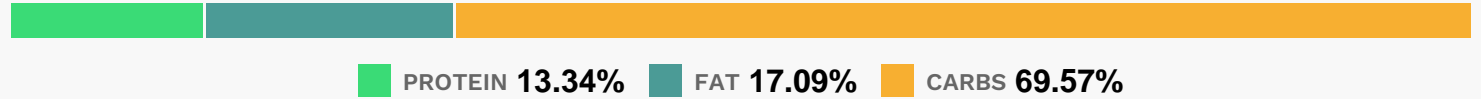
Equipment

- sauce pan

Directions

- Heat olive oil in a medium saucepan over medium-high heat until hot.
- Add onion and garlic; cook, stirring constantly, 4 minutes or until tender.
- Add basil, oregano, and fennel seeds; cook, stirring constantly, 1 minute.
- Add tomatoes and remaining ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes.
- Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:27.44, Glycemic Load:1.47, Inflammation Score:-6, Nutrition Score:3.6986956233564%

Flavonoids

Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 29.69kcal (1.48%), Fat: 0.65g (0.99%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.01g (3.34%), Cholesterol: 0mg (0%), Sodium: 108.34mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin K: 9.23µg (8.79%), Manganese: 0.16mg (8.19%), Vitamin C: 6.17mg (7.48%), Fiber: 1.55g (6.19%), Vitamin E: 0.82mg (5.48%), Potassium: 190.37mg (5.44%), Copper: 0.11mg (5.39%), Vitamin B6: 0.11mg (5.26%), Iron: 0.94mg (5.23%), Magnesium: 14.28mg (3.57%), Vitamin A: 170.61IU (3.41%), Vitamin B3: 0.67mg (3.37%), Calcium: 32.78mg (3.28%), Vitamin B1: 0.05mg (3.06%), Folate: 11.31µg (2.83%), Phosphorus: 23.54mg (2.35%), Vitamin B2: 0.04mg (2.09%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.19mg (1.3%)