



## Homemade Italian Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



4

CALORIES



232 kcal

SAUCE

### Ingredients

- 16 ounce canned tomatoes whole canned
- 1 tablespoon basil leaves dried
- 5 cloves garlic peeled
- 1 bell pepper green chopped
- 1 pound mushrooms sliced
- 3 tablespoons olive oil
- 2 tablespoons oregano dried
- 8 ounces tomato paste

1 onion white chopped

## Equipment

pot

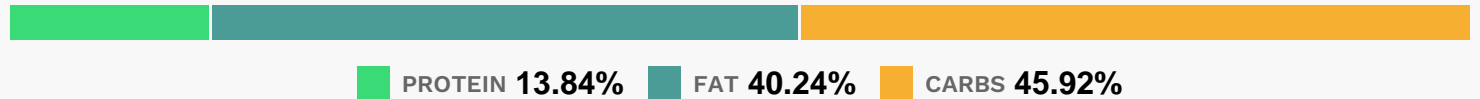
blender

## Directions

In a blender chop the whole tomatoes with juice and garlic until chunky. In a medium size pot, heat oil on medium high heat. Put onion and mushroom in and saute for about 5 minutes.

Place in pot the blended tomatoes, crushed tomatoes, tomato paste, chopped green peppers, oregano and basil. Bring to boil, then lower to medium low, cover and stir periodically. Cook and reduce about 1 to 2 hours or to your liking.

## Nutrition Facts



## Properties

Glycemic Index:46.75, Glycemic Load:7.96, Inflammation Score:-10, Nutrition Score:26.774782408839%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

## Nutrients (% of daily need)

Calories: 232.04kcal (11.6%), Fat: 11.71g (18.02%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 21.97g (7.99%), Sugar: 16.18g (17.98%), Cholesterol: 0mg (0%), Sodium: 607.5mg (26.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.13%), Vitamin C: 52.42mg (63.54%), Vitamin K: 53.86µg (51.29%), Copper: 0.85mg (42.67%), Potassium: 1432.95mg (40.94%), Vitamin E: 6.06mg (40.41%), Manganese: 0.79mg (39.46%), Vitamin B2: 0.65mg (38.04%), Vitamin B3: 7.59mg (37.95%), Fiber: 8.1g (32.42%), Iron: 5.83mg (32.39%), Vitamin B6: 0.6mg (29.81%), Vitamin A: 1269.39IU (25.39%), Vitamin B5: 2.21mg (22.1%), Selenium: 15.04µg (21.49%), Phosphorus: 206.97mg (20.7%), Magnesium: 77.22mg (19.31%), Vitamin B1: 0.25mg (16.88%), Folate: 58.16µg (14.54%), Calcium: 140.89mg (14.09%), Zinc: 1.52mg (10.13%), Vitamin D: 0.23µg (1.51%)