



Homemade Spaghetti Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



250 min.

SERVINGS



6

CALORIES



109 kcal

SAUCE

Ingredients

- 1 pinch pepper red crushed
- 2 tablespoons basil dried
- 5 cloves garlic chopped
- 3 tablespoons seasoning italian
- 2 teaspoons olive oil
- 1 onion chopped
- 0.5 cup red wine
- 6 ounce canned tomatoes italian-style canned

- 56 ounce tomatoes peeled canned
- 7 cups water
- 1 teaspoon granulated sugar white

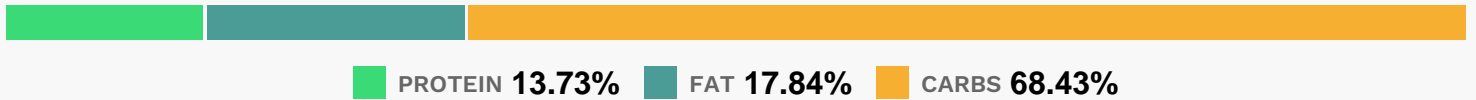
Equipment

- sauce pan

Directions

- In large saucepan over medium heat, saute onion and garlic in olive oil until soft. Stir in tomatoes, tomato paste, water, Italian seasoning, basil, sugar, wine, and crushed red pepper. Reduce heat to low and simmer 3 hours, stirring occasionally.
- Serve.

Nutrition Facts



Properties

Glycemic Index:37.18, Glycemic Load:4.47, Inflammation Score:-9, Nutrition Score:17.148695650308%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 108.89kcal (5.44%), Fat: 2.14g (3.29%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 12.8g (4.66%), Sugar: 9.92g (11.03%), Cholesterol: 0mg (0%), Sodium: 68.36mg (2.97%), Alcohol: 2.12g (100%), Alcohol %: 0.44% (100%), Protein: 3.7g (7.4%), Vitamin K: 61.82µg (58.88%), Vitamin C: 41.06mg (49.77%), Vitamin A: 2323.41IU (46.47%), Manganese: 0.7mg (35.05%), Potassium: 839.27mg (23.98%), Fiber: 5.65g (22.6%), Iron: 3.38mg (18.8%), Vitamin B6: 0.36mg (18.15%), Vitamin E: 2.59mg (17.24%), Copper: 0.31mg (15.65%), Magnesium: 58.65mg (14.66%), Folate: 57.2µg (14.3%), Calcium: 124.59mg (12.46%), Vitamin B3: 2.18mg (10.92%), Phosphorus: 93.72mg (9.37%), Vitamin B1: 0.14mg (9.28%), Vitamin B2: 0.11mg (6.38%), Zinc: 0.8mg (5.37%), Vitamin B5: 0.39mg (3.92%), Selenium: 0.82µg (1.17%)