

Homemade Tomato Basil Pasta Sauce

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



75 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 clove garlic grated
- ☐ 1 teaspoon garlic salt
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 teaspoon olive oil
- ☐ 8 small tomatoes diced

☐ 0.3 cup water

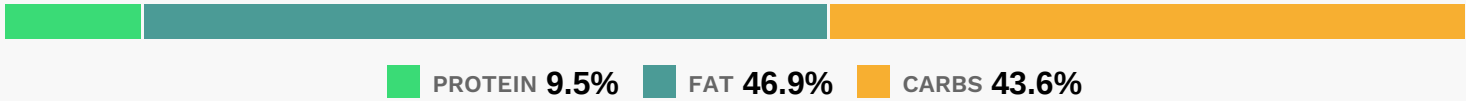
Equipment

☐ frying pan

Directions

- ☐ Melt the butter in a large skillet over medium heat; cook the tomatoes in the melted butter until they begin to fall apart, 5 to 7 minutes.
- ☐ Add the basil, olive oil, garlic salt, salt, and pepper. Slowly stir the flour into the mixture and cook until it begins to thicken, 5 to 7 minutes. Stir the water through the mixture to break up any lumps of the flour.
- ☐ Mix the garlic into the sauce and simmer another 5 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:2.99, Inflammation Score:-8, Nutrition Score:8.1165216425839%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 75.23kcal (3.76%), Fat: 4.24g (6.52%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 6.57g (2.39%), Sugar: 4.81g (5.34%), Cholesterol: 7.53mg (2.51%), Sodium: 613.98mg (26.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin A: 1683.26IU (33.67%), Vitamin C: 25.44mg (30.83%), Vitamin K: 21.63µg (20.6%), Manganese: 0.26mg (13.21%), Potassium: 443.08mg (12.66%), Fiber: 2.3g (9.2%), Vitamin E: 1.22mg (8.15%), Folate: 31.9µg (7.97%), Vitamin B6: 0.16mg (7.92%), Copper: 0.12mg (6.11%), Vitamin B3: 1.21mg (6.07%), Vitamin B1: 0.08mg (5.62%), Magnesium: 21.98mg (5.5%), Phosphorus: 48.69mg (4.87%), Iron: 0.66mg (3.66%), Vitamin B2: 0.05mg (2.78%), Calcium: 24.59mg (2.46%), Zinc: 0.35mg (2.34%), Vitamin B5: 0.18mg (1.83%), Selenium: 0.79µg (1.13%)