



## Homemade Tomato Sauce I



Vegetarian



Gluten Free

READY IN



270 min.

SERVINGS



3

CALORIES



299 kcal

SAUCE

### Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 2 carrots chopped
- ☐ 2 stalks celery
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 0.3 teaspoon penzey's southwest seasoning italian

- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 2 tablespoons tomato paste
- ☐ 10 tomatoes ripe
- ☐ 0.3 cup burgundy wine

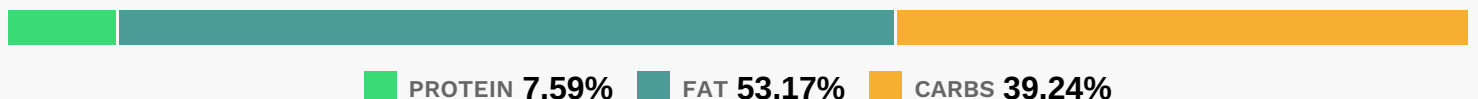
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ dutch oven

## Directions

- ☐ Bring a pot of water to a boil. Have ready a large bowl of iced water. Plunge whole tomatoes in boiling water until skin starts to peel, 1 minute.
- ☐ Remove with slotted spoon and place in ice bath.
- ☐ Let rest until cool enough to handle, then remove peel and squeeze out seeds. Chop 8 tomatoes and puree in blender or food processor. Chop remaining two tomatoes and set aside.
- ☐ In a large pot or Dutch oven over medium heat, cook onion, bell pepper, carrot and garlic in oil and butter until onion starts to soften, 5 minutes.
- ☐ Pour in pureed tomatoes. Stir in chopped tomato, basil, Italian seasoning and wine.
- ☐ Place bay leaf and whole celery stalks in pot. Bring to a boil, then reduce heat to low, cover and simmer 2 hours. Stir in tomato paste and simmer an additional 2 hours. Discard bay leaf and celery and serve.

## Nutrition Facts



## Properties

Glycemic Index:122.94, Glycemic Load:7.66, Inflammation Score:-10, Nutrition Score:26.041304443194%

## Flavonoids

Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

## Nutrients (% of daily need)

Calories: 298.55kcal (14.93%), Fat: 18.06g (27.79%), Saturated Fat: 6.28g (39.26%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 21.57g (7.84%), Sugar: 17.09g (18.99%), Cholesterol: 20.07mg (6.69%), Sodium: 218.83mg (9.51%), Alcohol: 2.08g (100%), Alcohol %: 0.43% (100%), Protein: 5.8g (11.61%), Vitamin A: 10982.97IU (219.66%), Vitamin C: 97.96mg (118.75%), Vitamin K: 65.55µg (62.42%), Potassium: 1448.63mg (41.39%), Manganese: 0.81mg (40.33%), Fiber: 8.42g (33.66%), Vitamin E: 4.78mg (31.85%), Vitamin B6: 0.63mg (31.29%), Folate: 93.46µg (23.36%), Copper: 0.37mg (18.56%), Vitamin B3: 3.57mg (17.87%), Magnesium: 70.18mg (17.55%), Vitamin B1: 0.24mg (16.03%), Phosphorus: 160.22mg (16.02%), Iron: 2.15mg (11.93%), Vitamin B2: 0.17mg (9.93%), Calcium: 98.98mg (9.9%), Zinc: 1.11mg (7.42%), Vitamin B5: 0.69mg (6.88%), Selenium: 1.61µg (2.3%)