



Homemade Tomato Sauce II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



144 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 3 leaves basil leaves fresh
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon ground pepper black
- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 4 tablespoons vegetable oil

☐ 2 cups water

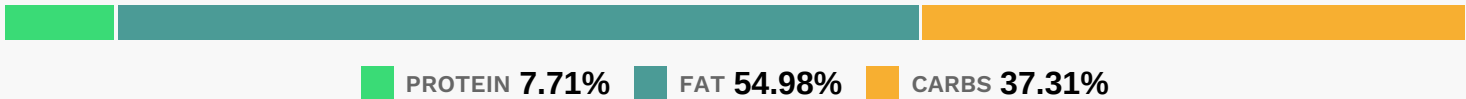
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan over medium-high heat, saute onions in the oil until golden brown.
- ☐ Add crushed tomatoes, water, tomato paste, basil, garlic, salt and pepper.
- ☐ Let the sauce come to a boil, lower heat to low and stir occasionally until desired thickness. Sauce is ready when oil rises to the top. Skim off oil.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:3.94, Inflammation Score:-5, Nutrition Score:9.8213043523871%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 143.94kcal (7.2%), Fat: 9.56g (14.71%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 11.01g (4%), Sugar: 8.14g (9.05%), Cholesterol: 0mg (0%), Sodium: 604.82mg (26.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin K: 26.89µg (25.61%), Vitamin C: 16.99mg (20.59%), Manganese: 0.39mg (19.47%), Vitamin E: 2.76mg (18.41%), Copper: 0.32mg (16.25%), Potassium: 516.45mg (14.76%), Fiber: 3.59g (14.35%), Vitamin B6: 0.28mg (14.24%), Iron: 2.2mg (12.24%), Vitamin B3: 2.01mg (10.03%), Magnesium: 36.41mg (9.1%), Vitamin B1: 0.13mg (8.96%), Vitamin A: 360.99IU (7.22%), Calcium: 66.71mg (6.67%), Folate: 25.89µg (6.47%), Phosphorus: 60.85mg (6.09%), Vitamin B2: 0.09mg (5.42%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.5mg (3.35%), Selenium: 1.25µg (1.78%)