

health-score 79%
HEALTH SCORE

Hot Tomato Sauce

 Dairy Free  Very Healthy

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

239 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 2 teaspoons chili powder
- ☐ 1 onion chopped
- ☐ 8 ounces soup noodles dry
- ☐ 1 bell pepper red chopped
- ☐ 1 chile pepper fresh red chopped
- ☐ 2 tablespoons tomato purée

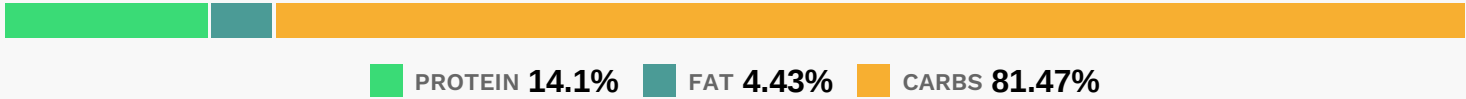
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ immersion blender

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Meanwhile, in large skillet, saute chile pepper, bell pepper and onion until soft.
- ☐ Add tomatoes, puree and chili powder and cook 2 minutes more. For a smooth sauce, puree with a hand blender, or puree in batches in food processor.
- ☐ Combine pasta and sauce in 9 x 13 baking dish and bake for 15 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:18.33, Inflammation Score:-9, Nutrition Score:13.710434841073%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 239.45kcal (11.97%), Fat: 1.18g (1.82%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 45.33g (16.48%), Sugar: 4.98g (5.54%), Cholesterol: 0mg (0%), Sodium: 25.34mg (1.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Vitamin C: 57.14mg (69.26%), Selenium: 36.32µg (51.88%),

Manganese: 0.64mg (32.01%), Vitamin A: 1376.42IU (27.53%), Vitamin B6: 0.29mg (14.4%), Fiber: 3.58g (14.3%), Phosphorus: 133.91mg (13.39%), Copper: 0.23mg (11.36%), Magnesium: 42.29mg (10.57%), Potassium: 320.21mg (9.15%), Vitamin B3: 1.66mg (8.3%), Folate: 32.86µg (8.22%), Vitamin E: 1.15mg (7.7%), Iron: 1.35mg (7.52%), Zinc: 1.02mg (6.81%), Vitamin B1: 0.09mg (6.16%), Vitamin B2: 0.09mg (5.42%), Vitamin B5: 0.44mg (4.39%), Vitamin K: 4.53µg (4.31%), Calcium: 26.63mg (2.66%)