



Howard's Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



160 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes whole undrained coarsely chopped canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon cumin seeds crushed
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry red
- ☐ 0.5 cup parsley fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 2 tablespoons olive oil
- ☐ 3 cups onion vertically sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup water

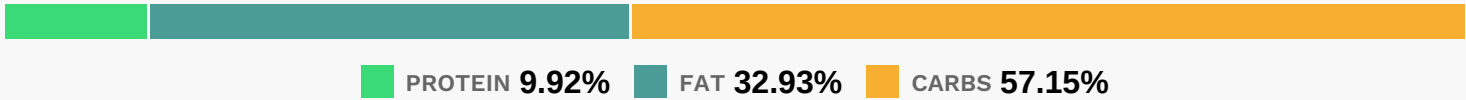
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion, bell pepper, and garlic; saute 7 minutes or until tender. Stir in water and remaining ingredients, and bring to a boil. Reduce heat, and simmer, uncovered, until reduced to about 6 cups (about 1 1/2 hours).

Nutrition Facts



Properties

Glycemic Index:40.68, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:15.536521683569%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 17.05mg, Quercetin: 17.05mg, Quercetin: 17.05mg, Quercetin: 17.05mg

17.05mg, Quercetin: 17.05mg, Quercetin: 17.05mg

Nutrients (% of daily need)

Calories: 159.77kcal (7.99%), Fat: 5.24g (8.07%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 15.9g (5.78%), Sugar: 10.2g (11.34%), Cholesterol: 0mg (0%), Sodium: 572.97mg (24.91%), Alcohol: 4.2g (100%), Alcohol %: 1.61% (100%), Protein: 3.55g (7.1%), Vitamin K: 95.65µg (91.1%), Vitamin C: 45.06mg (54.62%), Manganese: 0.42mg (21.23%), Vitamin B6: 0.37mg (18.51%), Fiber: 4.57g (18.29%), Vitamin E: 2.51mg (16.77%), Potassium: 586.37mg (16.75%), Vitamin A: 827.33IU (16.55%), Copper: 0.31mg (15.55%), Iron: 2.51mg (13.93%), Folate: 42.8µg (10.7%), Vitamin B1: 0.16mg (10.5%), Magnesium: 41.16mg (10.29%), Vitamin B3: 1.92mg (9.6%), Calcium: 79.34mg (7.93%), Phosphorus: 76.13mg (7.61%), Vitamin B2: 0.11mg (6.19%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.61mg (4.07%), Selenium: 1.37µg (1.96%)