



Inger's Spaghetti Sauce

 **Gluten Free**  **Dairy Free**

READY IN

ready

255 min.

SERVINGS

servings

8

CALORIES

calories

182 kcal

SAUCE

Ingredients

- ☐ 56 ounce tomatoes crushed canned
- ☐ 0.2 ounce chicken soup base
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon garlic chopped
- ☐ 1 large bell pepper green chopped
- ☐ 6 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 tablespoon oregano dried

- ☐ 2 teaspoons poultry seasoning
- ☐ 8 servings salt and pepper to taste
- ☐ 6 ounce tomato paste canned
- ☐ 1 teaspoon sugar white or as needed

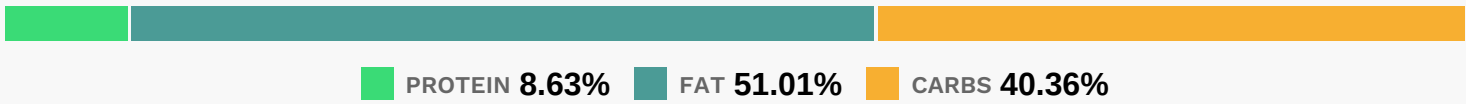
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a pot over medium heat.
- ☐ Mix in onion and garlic, and cook 1 minute. Stir in the green bell pepper. Season with basil, oregano, and chicken bouillon. Stir in the tomato paste and crushed tomatoes, and season with poultry seasoning. Cook and stir 10 minutes.
- ☐ Mix sugar into the sauce. (Some people add up to 2 tablespoons sugar; I suggest starting with 1 teaspoon.) Season with salt and pepper. Reduce heat to low, and simmer 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:5.29, Inflammation Score:-8, Nutrition Score:15.19478255891%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 182.2kcal (9.11%), Fat: 11.34g (17.45%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 14.91g (5.42%), Sugar: 11.41g (12.68%), Cholesterol: 0.08mg (0.03%), Sodium: 638.32mg (27.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin C: 38.11mg (46.19%), Vitamin K: 36.04µg (34.32%), Vitamin E: 4.51mg (30.1%), Manganese: 0.58mg (28.87%), Copper: 0.44mg (22.14%), Iron: 3.89mg

(21.64%), Vitamin B6: 0.42mg (21.24%), Fiber: 5.29g (21.15%), Potassium: 730.28mg (20.87%), Vitamin B3: 2.89mg (14.45%), Magnesium: 54.34mg (13.59%), Vitamin B1: 0.19mg (12.55%), Vitamin A: 576.11IU (11.52%), Calcium: 109.31mg (10.93%), Folate: 37.18µg (9.3%), Phosphorus: 84.13mg (8.41%), Vitamin B2: 0.14mg (8.11%), Vitamin B5: 0.67mg (6.68%), Zinc: 0.72mg (4.83%), Selenium: 1.79µg (2.56%)