

food
network



HEALTH SCORE

63%

Italian Tomato Gravy



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



108 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 1 carrots finely chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 3 garlic cloves chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 onion diced
- ☐ 2 tablespoons oregano fresh chopped

- ☐ 56 ounce plum tomatoes whole peeled canned
- ☐ 1 pinch pepper flakes red
- ☐ 0.3 cup red wine
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 pinch sugar

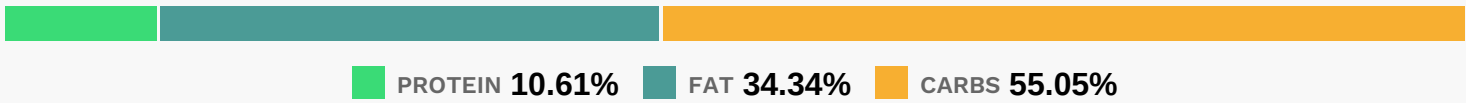
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat olive oil in a large saucepan over low heat.
- ☐ Saute the garlic, red pepper flakes, and herbs for 2 minutes until the herbs are fragrant and garlic is golden (but not overly brown.) Raise the heat to medium, add onion and carrot; cook for 5 minutes until they breakdown and are soft. Deglaze with red wine and reduce to evaporate the alcohol. Hand crush the canned tomatoes and add to the pot, along with its liquid.
- ☐ Add a pinch of sugar to cut down on the acidity from the tomatoes; season with salt and pepper.
- ☐ Let simmer for 30 minutes, uncovered.

Nutrition Facts



Properties

Glycemic Index:63.15, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:15.165217155996%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 108.48kcal (5.42%), Fat: 4.28g (6.59%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 10.73g (3.9%), Sugar: 8.53g (9.48%), Cholesterol: 0mg (0%), Sodium: 22.56mg (0.98%), Alcohol: 1.06g (100%), Alcohol %: 0.41% (100%), Protein: 2.98g (5.96%), Vitamin A: 4029.72IU (80.59%), Vitamin C: 40.72mg (49.35%), Vitamin K: 37.86µg (36.06%), Manganese: 0.5mg (25.24%), Potassium: 737.05mg (21.06%), Fiber: 4.73g (18.9%), Vitamin E: 2.34mg (15.57%), Vitamin B6: 0.3mg (14.79%), Folate: 50.26µg (12.56%), Magnesium: 40.76mg (10.19%), Copper: 0.19mg (9.73%), Iron: 1.74mg (9.67%), Vitamin B3: 1.83mg (9.17%), Phosphorus: 81.3mg (8.13%), Vitamin B1: 0.12mg (8.03%), Calcium: 70.88mg (7.09%), Vitamin B2: 0.08mg (4.78%), Zinc: 0.61mg (4.08%), Vitamin B5: 0.32mg (3.21%)