



## Italian Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



23 kcal

SAUCE

### Ingredients

- 1 garlic clove minced
- 1 teaspoon penzey's southwest seasoning italian
- 0.3 cup tomato paste
- 1.3 cups tomato sauce

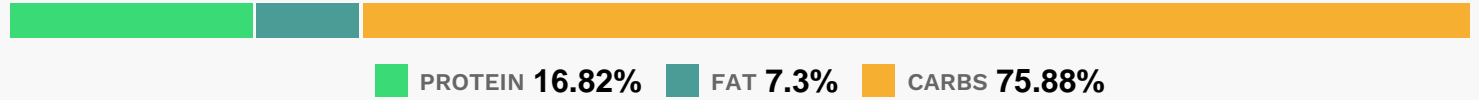
### Equipment

- sauce pan

## Directions

Cook all ingredients in a small saucepan over medium heat 5 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:20.83, Glycemic Load:1.65, Inflammation Score:-4, Nutrition Score:3.64826087848%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 22.83kcal (1.14%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 3.8g (1.38%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 328.35mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.29%), Vitamin E: 1.27mg (8.44%), Vitamin A: 393.2IU (7.86%), Potassium: 268.49mg (7.67%), Vitamin C: 6.13mg (7.43%), Manganese: 0.11mg (5.63%), Fiber: 1.37g (5.46%), Iron: 0.95mg (5.26%), Copper: 0.1mg (5.11%), Vitamin K: 4.75µg (4.53%), Vitamin B3: 0.86mg (4.3%), Vitamin B6: 0.08mg (4.16%), Magnesium: 13.27mg (3.32%), Vitamin B2: 0.05mg (3.07%), Phosphorus: 24.1mg (2.41%), Vitamin B5: 0.18mg (1.79%), Calcium: 17.3mg (1.73%), Folate: 6.71µg (1.68%), Selenium: 0.97µg (1.39%), Vitamin B1: 0.02mg (1.36%), Zinc: 0.2mg (1.31%)