



Italian Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



77 kcal

SAUCE

Ingredients

- 2 tablespoons vegetable oil
- 1 cup onion chopped
- 0.5 cup bell pepper green chopped
- 2 large cloves garlic finely chopped
- 29 oz canned tomatoes whole undrained canned
- 16 oz tomato sauce canned
- 2 tablespoons basil dried fresh chopped
- 1 tablespoon oregano dried fresh chopped

- 0.5 teaspoon salt
- 0.5 teaspoon fennel seeds
- 0.3 teaspoon pepper

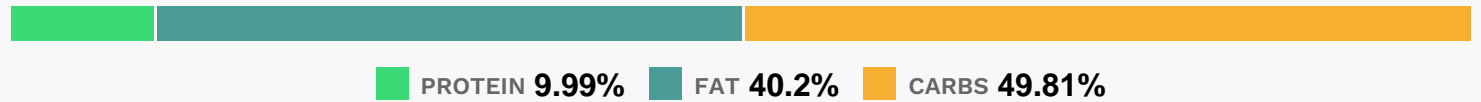
Equipment

- sauce pan

Directions

- In 3-quart saucepan, heat oil over medium heat. Cook onion, bell pepper and garlic in oil 2 minutes, stirring occasionally.
- Stir in remaining ingredients, breaking up tomatoes with a fork.
- Heat to boiling; reduce heat. Simmer uncovered 45 minutes.
- Use sauce immediately, or cover and refrigerate up to 2 weeks or freeze up to 1 year.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:9.2543478115745%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 76.69kcal (3.83%), Fat: 3.83g (5.89%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 7.58g (2.76%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 563.3mg (24.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin K: 32.74µg (31.18%), Vitamin C: 22.78mg (27.61%), Manganese: 0.34mg (16.76%), Iron: 2.79mg (15.48%), Vitamin E: 2.05mg (13.69%), Potassium: 447.26mg (12.78%), Fiber: 3.1g (12.4%), Vitamin B6: 0.24mg (12.22%), Copper: 0.18mg (8.98%), Vitamin A: 419.25IU (8.38%), Calcium: 80.93mg (8.09%), Magnesium: 32.32mg (8.08%), Vitamin B3: 1.45mg (7.27%), Vitamin B2: 0.12mg (6.94%), Folate: 22.67µg (5.67%), Vitamin B1: 0.08mg (5.22%), Phosphorus: 48.02mg (4.8%), Vitamin B5: 0.35mg (3.5%), Zinc:

0.42mg (2.78%), Selenium: 0.71µg (1.02%)