



Light Tomato Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 56 ounce canned tomatoes whole canned
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 medium onion diced
- ☐ 1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 10.3 ounce canned tomatoes canned

Equipment

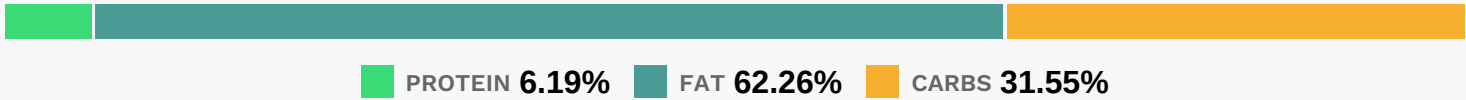
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dutch oven

Directions

- ☐ Melt butter in a Dutch oven; add onion, and saut until tender.
- ☐ Add tomatoes and remaining ingredients; cook over medium–high heat, stirring often, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:13.040434793286%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 212.45kcal (10.62%), Fat: 15.77g (24.26%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 13.67g (4.97%), Sugar: 9.99g (11.1%), Cholesterol: 0mg (0%), Sodium: 816.09mg (35.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin C: 32.17mg (39%), Vitamin A: 1198.41IU (23.97%), Vitamin B6: 0.42mg (20.81%), Potassium: 711.19mg (20.32%), Manganese: 0.41mg (20.28%), Vitamin E: 3.02mg (20.12%), Iron: 3.37mg (18.73%), Vitamin K: 19.23µg (18.32%), Fiber: 4.31g (17.22%), Copper: 0.3mg (14.89%), Vitamin B3: 2.54mg (12.72%), Calcium: 117.74mg (11.77%), Vitamin B1: 0.18mg (11.68%), Magnesium: 44.88mg (11.22%), Vitamin B2: 0.19mg (11.16%), Folate: 36.04µg (9.01%), Phosphorus: 82.4mg (8.24%), Vitamin B5: 0.52mg (5.17%), Zinc: 0.58mg (3.89%), Selenium: 0.76µg (1.09%)