



Love Pasta Sauce

READY IN



15 min.

SERVINGS



4

CALORIES



88 kcal

SAUCE

Ingredients

- 1 can canned tomatoes fire roasted organic
- 1 serving basil oil red
- 1 serving parmesan fresh shredded shaved
- 1 Tablespoon garlic minced
- 1 serving salt to taste
- 1 serving cracked wheat to taste
- 1 serving frangelico fresh

Equipment

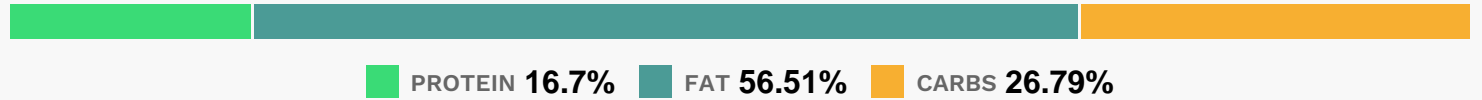
sauce pan

Directions

Stir ingredients together in a sauce pan over medium heat for a few minutes and voila – fresh pasta sauce.

Pour over cooked pasta of choice for instant, flavorful and light pasta toss.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:2.4908695460662%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 87.83kcal (4.39%), Fat: 5.46g (8.4%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 4.96g (1.8%), Sugar: 2.45g (2.73%), Cholesterol: 5.1mg (1.7%), Sodium: 327.24mg (14.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Calcium: 123.31mg (12.33%), Vitamin A: 469.76IU (9.4%), Phosphorus: 55.97mg (5.6%), Iron: 0.68mg (3.77%), Vitamin E: 0.52mg (3.48%), Fiber: 0.86g (3.46%), Vitamin C: 2.47mg (3%), Selenium: 1.97µg (2.82%), Vitamin K: 2.27µg (2.16%), Manganese: 0.04mg (1.75%), Vitamin B2: 0.03mg (1.59%), Vitamin B6: 0.03mg (1.58%), Zinc: 0.23mg (1.53%), Vitamin B12: 0.09µg (1.5%)