



## Love Pasta Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



268 kcal

SAUCE

## Ingredients

- ☐ 1 can canned tomatoes fire roasted organic
- ☐ 1 Tablespoon garlic minced
- ☐ 4 servings olive oil red
- ☐ 4 servings parmesan fresh shredded shaved
- ☐ 4 servings pepper to taste
- ☐ 4 servings salt to taste
- ☐ 4 servings frangelico fresh
- ☐ 4 servings frangelico fresh

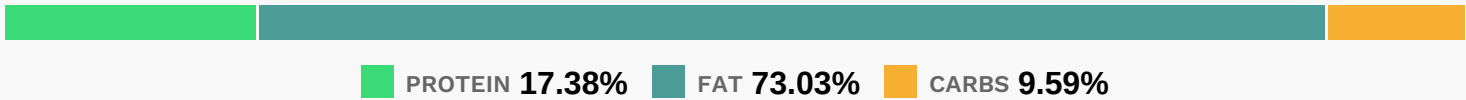
# Equipment

☐ 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:22.25, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:6.5295651334783%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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

# Nutrients (% of daily need)

Calories: 268.22kcal (13.41%), Fat: 21.76g (33.48%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.57g (2.03%), Sugar: 2.63g (2.93%), Cholesterol: 20.4mg (6.8%), Sodium: 833.27mg (36.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.31%), Calcium: 390.35mg (39.03%), Phosphorus: 211.42mg (21.14%), Vitamin E: 2.08mg (13.9%), Vitamin A: 646.03IU (12.92%), Selenium: 7.04µg (10.06%), Vitamin K: 9.14µg (8.7%), Vitamin B2: 0.1mg (6%), Vitamin B12: 0.36µg (6%), Zinc: 0.85mg (5.67%), Iron: 0.92mg (5.14%), Magnesium: 13.88mg (3.47%), Fiber: 0.86g (3.43%), Vitamin C: 2.47mg (3%), Manganese: 0.05mg (2.63%), Vitamin B6: 0.05mg (2.62%), Vitamin B5: 0.15mg (1.49%), Potassium: 37.13mg (1.06%), Vitamin B1: 0.02mg (1.05%)