



My Secret Tomato Sauce

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



69 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 fillet anchovy canned drained in oil
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 29 ounce no-salt-added tomatoes whole undrained finely chopped canned
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried

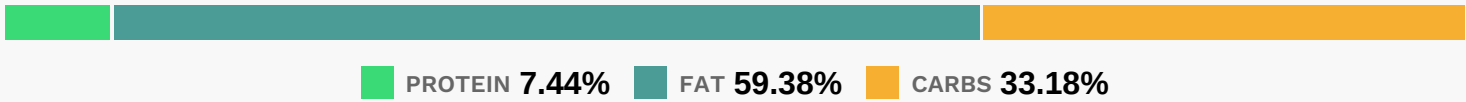
Equipment

☐ sauce pan

Directions

- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add anchovy fillets and garlic. Cook 2 minutes, pressing anchovy fillets with the back of a spoon until smooth; stir constantly.
- ☐ Stir in salt and remaining ingredients. Bring to a simmer; cook, uncovered, 15 minutes or until you reach the desired consistency, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:5.0821739095061%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 69.04kcal (3.45%), Fat: 4.93g (7.58%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.28g (3.65%), Cholesterol: 0.57mg (0.19%), Sodium: 232.38mg (10.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 13.21mg (16.02%), Vitamin E: 1.66mg (11.06%), Vitamin B6: 0.17mg (8.71%), Iron: 1.49mg (8.28%), Manganese: 0.16mg (8.07%), Vitamin K: 8.2µg (7.81%), Potassium: 271.65mg (7.76%), Fiber: 1.51g (6.06%), Vitamin B3: 1.13mg (5.64%), Copper: 0.1mg (5.24%), Calcium: 50.31mg (5.03%), Vitamin B2: 0.08mg (4.74%), Vitamin B1: 0.07mg (4.38%), Magnesium: 16.65mg (4.16%), Vitamin A: 164.46IU (3.29%), Phosphorus: 30.52mg (3.05%), Folate: 11.52µg (2.88%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.23mg (1.55%), Selenium: 0.82µg (1.17%)