



Pasta Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



107 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 56 ounce tomatoes diced undrained canned
- ☐ 1 tablespoon basil dried
- ☐ 4 garlic cloves chopped
- ☐ 2 tablespoons penzey's southwest seasoning dried italian
- ☐ 2 small onions chopped
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1 tablespoon salt

- ☐ 0.3 cup sugar
- ☐ 24 ounce tomato paste canned
- ☐ 0.3 cup vegetable oil
- ☐ 8 cups water

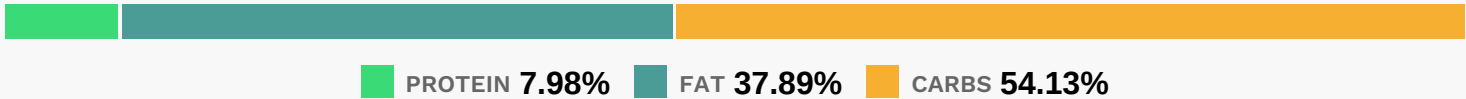
Equipment

- ☐ dutch oven

Directions

- ☐ Saut onion and garlic in hot oil in a Dutch oven over medium heat 10 minutes or until onion is tender. Stir in diced tomatoes and remaining ingredients. Bring to a boil; reduce heat, and simmer, stirring often, 2 hours. Divide into recipe portions; set aside 3 cups for Eggplant Parmesan, and freeze remaining portions.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:4.46, Inflammation Score:-5, Nutrition Score:9.3517392148142%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 107.27kcal (5.36%), Fat: 4.99g (7.67%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 12.78g (4.65%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 857.22mg (37.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin K: 26.88µg (25.6%), Vitamin C: 18.72mg (22.69%), Manganese: 0.36mg (17.93%), Iron: 2.74mg (15.21%), Vitamin E: 2.24mg (14.92%), Vitamin B6: 0.28mg (13.8%), Potassium: 463.04mg (13.23%), Fiber: 3.24g (12.97%), Copper: 0.25mg (12.35%), Calcium: 92.72mg (9.27%), Vitamin B3: 1.73mg (8.67%), Magnesium: 34.34mg (8.58%), Vitamin B1: 0.11mg (7.46%), Vitamin B2: 0.12mg (6.93%), Vitamin A: 344.91IU (6.9%), Folate: 23.31µg (5.83%), Phosphorus: 51.37mg (5.14%), Vitamin B5: 0.35mg (3.51%), Zinc: 0.44mg

(2.96%), Selenium: 0.8µg (1.14%)