



Pasta Sauce - Vegan

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



183 kcal

SAUCE

Ingredients

- 2 tablespoons basil to taste
- 0.3 cup carrots chopped
- 0.3 cup celery chopped
- 2 tablespoons cornstarch
- 4 cloves garlic minced
- 0.3 cup bell pepper green chopped
- 1 tablespoon ground pepper black to taste
- 3 tablespoons olive oil

- 2 tablespoons oregano to taste
- 0.3 cup bell pepper red chopped
- 0.5 cup red wine divided
- 1 tablespoon salt to taste
- 0.3 teaspoon thyme leaves to taste
- 20 tomatoes ripe peeled seeded chopped
- 0.3 cup onion white chopped
- 0.3 cup bell pepper yellow chopped

Equipment

- bowl
- frying pan
- pot
- blender

Directions

- Mix celery, green bell pepper, red bell pepper, yellow bell pepper, carrot, basil, oregano, thyme, salt, and black pepper together in a bowl until the vegetables are evenly coated in seasonings.
- Heat olive oil in a skillet over medium–low heat. Cook and stir onion and garlic in hot oil until onion is soft and garlic is light golden brown, 5 to 10 minutes.
- Add vegetable mixture to the skillet; cook and stir until hot, 3 to 5 minutes.
- Remove skillet from heat.
- Combine tomatoes and 1/4 cup red wine in a large pot over low heat. Cook, stirring occasionally, until the tomatoes begin to soften, 15 to 20 minutes.
- Pour tomato mixture into a blender with remaining 1/4 cup red wine and cornstarch to no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.
- Return blended tomatoes to pot over medium–low heat. Stir vegetable mixture through tomato sauce; bring to a simmer and cook until thick, about 1 hour.

Nutrition Facts

PROTEIN 9.47% FAT 39.1% CARBS 51.43%

Properties

Glycemic Index:63.81, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:22.356521715289%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 3.14mg, Naringenin: 3.14mg, Naringenin: 3.14mg, Naringenin: 3.14mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 182.96kcal (9.15%), Fat: 8.01g (12.32%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 17.11g (6.22%), Sugar: 12.01g (13.34%), Cholesterol: 0mg (0%), Sodium: 1193.28mg (51.88%), Alcohol: 2.12g (100%), Alcohol %: 0.56% (100%), Protein: 4.36g (8.73%), Vitamin C: 82.35mg (99.82%), Vitamin A: 4628.61IU (92.57%), Vitamin K: 54.21µg (51.63%), Manganese: 0.79mg (39.69%), Potassium: 1117.14mg (31.92%), Fiber: 6.59g (26.37%), Vitamin E: 3.71mg (24.75%), Vitamin B6: 0.45mg (22.34%), Folate: 75.26µg (18.81%), Copper: 0.3mg (14.87%), Magnesium: 58.76mg (14.69%), Vitamin B3: 2.81mg (14.05%), Phosphorus: 120.07mg (12.01%), Iron: 2.16mg (11.98%), Vitamin B1: 0.18mg (11.81%), Calcium: 86.34mg (8.63%), Vitamin B2: 0.11mg (6.69%), Zinc: 0.88mg (5.87%), Vitamin B5: 0.48mg (4.83%)