

Pasta/Pizza Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



206 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon basil dried
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 tablespoons red wine
- ☐ 2 servings salt and pepper to taste
- ☐ 6 ounce tomato paste canned

- ☐ 0.7 cup water
- ☐ 2 teaspoons sugar white

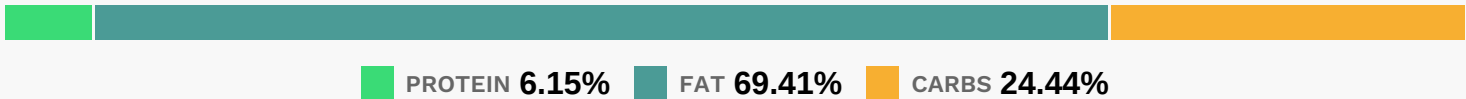
Equipment

- ☐ frying pan

Directions

- ☐ In large skillet, saute garlic in oil until golden.
- ☐ Add tomato paste, sugar, oregano, basil, water, cheese and wine. Season with salt and pepper and simmer 10 minutes over medium-low heat.

Nutrition Facts



Properties

Glycemic Index:79.05, Glycemic Load:4.88, Inflammation Score:-5, Nutrition Score:6.9052174629077%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 205.6kcal (10.28%), Fat: 15.68g (24.13%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 10.59g (3.85%), Sugar: 7.87g (8.75%), Cholesterol: 4.35mg (1.45%), Sodium: 399.08mg (17.35%), Alcohol: 1.59g (100%), Alcohol %: 0.98% (100%), Protein: 3.13g (6.25%), Vitamin E: 3.17mg (21.11%), Vitamin K: 16.83µg (16.03%), Manganese: 0.26mg (12.76%), Vitamin C: 8.77mg (10.63%), Copper: 0.19mg (9.28%), Vitamin B6:

0.18mg (9.08%), Calcium: 89.2mg (8.92%), Iron: 1.53mg (8.52%), Potassium: 296.17mg (8.46%), Fiber: 1.83g (7.33%), Phosphorus: 67.67mg (6.77%), Magnesium: 23.67mg (5.92%), Vitamin B3: 1.12mg (5.58%), Vitamin B1: 0.07mg (4.83%), Vitamin A: 231.86IU (4.64%), Vitamin B2: 0.07mg (4.29%), Selenium: 2.76µg (3.94%), Zinc: 0.53mg (3.51%), Folate: 12.58µg (3.14%), Vitamin B5: 0.28mg (2.78%), Vitamin B12: 0.07µg (1.13%)