



Quick Pasta Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



86 kcal

SAUCE

Ingredients

- 28 ounce canned tomatoes crushed canned
- 1 teaspoon basil dried
- 3 cloves garlic minced
- 2 tablespoons olive oil
- 6 servings salt and pepper to taste

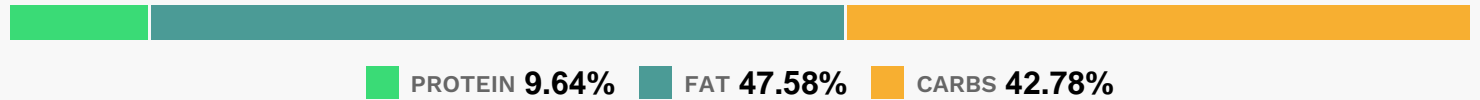
Equipment

- frying pan

Directions

- In a large skillet over medium heat, saute garlic in oil until tender, 2 minutes. Stir in basil and crushed tomatoes. Season with salt and pepper and cook 15 to 20 minutes, until slightly thickened.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:2.85, Inflammation Score:-4, Nutrition Score:7.2656522419142%

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: 86.21kcal (4.31%), Fat: 5.05g (7.77%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 7.61g (2.77%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 368.9mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin E: 2.34mg (15.63%), Vitamin C: 12.64mg (15.32%), Manganese: 0.28mg (14.2%), Copper: 0.25mg (12.51%), Vitamin K: 12.7µg (12.1%), Potassium: 398.12mg (11.37%), Vitamin B6: 0.22mg (10.96%), Iron: 1.92mg (10.68%), Fiber: 2.61g (10.43%), Vitamin B3: 1.64mg (8.18%), Magnesium: 28.02mg (7.01%), Vitamin B1: 0.1mg (6.82%), Vitamin A: 285.82IU (5.72%), Calcium: 51.6mg (5.16%), Phosphorus: 45.09mg (4.51%), Folate: 17.76µg (4.44%), Vitamin B2: 0.07mg (4.26%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.39mg (2.58%), Selenium: 1.01µg (1.45%)