



Quick Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



192 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes chopped canned
- ☐ 2 cloves garlic pressed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

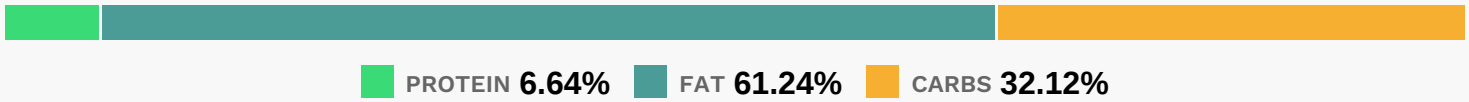
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, combine all ingredients and let sit for about 20 minutes to allow flavors to meld.
- ☐ Cook's Note: Sauce can be made ahead of time and kept covered in the refrigerator for up to 3 days or frozen for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:35.77, Glycemic Load:4.92, Inflammation Score:-8, Nutrition Score:11.648260800735%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 191.58kcal (9.58%), Fat: 14.11g (21.71%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 12.42g (4.52%), Sugar: 9.79g (10.87%), Cholesterol: 0mg (0%), Sodium: 408.08mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin E: 4.61mg (30.72%), Vitamin K: 24.89µg (23.7%), Vitamin C: 18.75mg (22.72%), Manganese: 0.44mg (21.93%), Copper: 0.37mg (18.71%), Potassium: 600.25mg (17.15%), Iron: 3.05mg (16.95%), Fiber: 4.23g (16.91%), Vitamin B6: 0.33mg (16.34%), Vitamin B3: 2.48mg (12.41%), Magnesium: 42.77mg (10.69%), Vitamin B1: 0.15mg (10.24%), Vitamin A: 443.81IU (8.88%), Calcium: 86.39mg (8.64%), Folate: 28.21µg (7.05%), Phosphorus: 67.28mg (6.73%), Vitamin B2: 0.11mg (6.49%), Vitamin B5: 0.57mg (5.7%), Zinc: 0.58mg (3.87%), Selenium: 1.46µg (2.08%)