



Quick Vegan Spaghetti Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



171 kcal

SAUCE

Ingredients

- 6 ounce mushrooms drained sliced canned
- 29 ounce tomato sauce canned
- 0.5 cup celery chopped
- 1 tablespoon garlic minced
- 1 large cranberry-orange relish quartered
- 0.3 cup raisins
- 0.3 cup onion diced red
- 1 tomatoes quartered

0.3 cup walnuts chopped

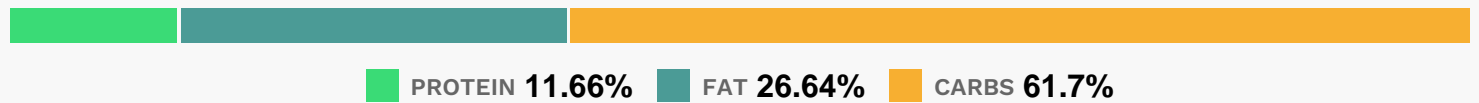
Equipment

sauce pan

Directions

In a large, heavy saucepan combine tomato sauce, mushrooms, celery, red onion, raisins, walnuts, tomato, orange and garlic. Cook on medium-high until vegetables are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:73.32, Glycemic Load:10.05, Inflammation Score:-8, Nutrition Score:16.65999996403%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.26mg, Naringenin: 7.26mg, Naringenin: 7.26mg, Naringenin: 7.26mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 170.51kcal (8.53%), Fat: 5.71g (8.79%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 29.79g (9.93%), Net Carbohydrates: 22.69g (8.25%), Sugar: 14.23g (15.81%), Cholesterol: 0mg (0%), Sodium: 1170.02mg (50.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Vitamin C: 45.41mg (55.04%), Manganese: 0.64mg (31.81%), Fiber: 7.1g (28.39%), Potassium: 983.89mg (28.11%), Copper: 0.53mg (26.65%), Vitamin A: 1308.14IU (26.16%), Vitamin E: 3.3mg (22.01%), Vitamin B6: 0.38mg (19.1%), Iron: 2.97mg (16.48%), Vitamin B3: 3.28mg (16.38%), Magnesium: 62.35mg (15.59%), Folate: 55.96µg (13.99%), Phosphorus: 138.47mg (13.85%), Vitamin B5: 1.22mg (12.23%), Vitamin B1: 0.18mg (12.21%), Vitamin B2: 0.21mg (12.14%), Vitamin K: 12.15µg (11.58%), Zinc: 1.14mg (7.61%), Calcium: 75.6mg (7.56%), Selenium: 4µg (5.72%)