



Seven Ingredient Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



7

CALORIES



160 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 teaspoons basil leaves dried
- ☐ 7 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 56 ounce tomato purée canned

☐ 1 teaspoon sugar white

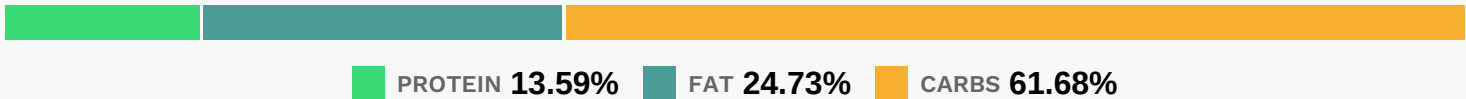
Equipment

☐ sauce pan

Directions

- ☐ Heat the olive oil in a large saucepan and cook and stir garlic, being careful not to burn it.
- ☐ Pour in tomato paste and simmer on low for 5 minutes.
- ☐ Add crushed tomatoes, tomato puree, pepper, salt, basil and sugar; stir. Cook on low for three hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:35.16, Glycemic Load:8.16, Inflammation Score:-7, Nutrition Score:19.042173686235%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 159.69kcal (7.98%), Fat: 5.05g (7.77%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 21.23g (7.72%), Sugar: 16.64g (18.49%), Cholesterol: 0mg (0%), Sodium: 648.08mg (28.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin C: 34.47mg (41.78%), Manganese: 0.76mg (38.19%), Vitamin E: 5.17mg (34.44%), Copper: 0.68mg (34.2%), Potassium: 1089.5mg (31.13%), Vitamin B6: 0.59mg (29.41%), Fiber: 7.13g (28.53%), Iron: 5.08mg (28.24%), Vitamin K: 26.91µg (25.63%), Vitamin B3: 4.49mg (22.45%), Magnesium: 75.93mg (18.98%), Vitamin B1: 0.28mg (18.65%), Vitamin A: 786.84IU (15.74%), Calcium: 136.54mg (13.65%), Phosphorus: 122.24mg (12.22%), Folate: 48.38µg (12.1%), Vitamin B2: 0.2mg (11.57%), Vitamin B5: 1.04mg (10.36%), Zinc: 1.04mg (6.94%), Selenium: 2.63µg (3.76%)