



Sicilian Lentil Pasta Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



50 kcal

SAUCE

Ingredients

- 16 ounce tomato sauce canned
- 2 cups mushrooms fresh sliced
- 3 cloves garlic minced
- 2 teaspoons olive oil
- 1 cup onion chopped
- 6 ounce tomato paste canned
- 0.5 cup water
- 1.5 teaspoons sugar white

1 small zucchini chopped

Equipment

sauce pan

Directions

- In a large saucepan, heat oil over medium heat.
- Add onions, mushrooms, zucchini, and garlic. Cook and stir until tender, about 5 minutes.
- Add lentils and 3 cups water to vegetables. Bring to a rolling boil, stirring occasionally. Reduce heat to low, cover, and cook 45 to 60 minutes.
- Stir in tomato sauce, tomato paste, sugar, and 1/2 cup water. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes. If necessary, add more water to keep the sauce from sticking. Be careful not to dilute; the sauce should be quite thick.

Nutrition Facts

 **PROTEIN 15.84%**  **FAT 22.05%**  **CARBS 62.11%**

Properties

Glycemic Index:32.14, Glycemic Load:2.67, Inflammation Score:-4, Nutrition Score:6.066521819519%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 49.6kcal (2.48%), Fat: 1.39g (2.13%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 6.78g (2.47%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 300.96mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin C: 10.9mg (13.21%), Potassium: 379.25mg (10.84%), Copper: 0.2mg (10.09%), Vitamin B2: 0.17mg (9.71%), Manganese: 0.18mg (9.08%), Vitamin B3: 1.79mg (8.93%), Vitamin B6: 0.17mg (8.72%), Vitamin E: 1.25mg (8.34%), Fiber: 2.01g (8.02%), Vitamin B5: 0.65mg (6.55%), Vitamin A: 321.22IU (6.42%), Iron: 1.06mg (5.9%), Phosphorus: 55.88mg (5.59%), Magnesium: 20mg (5%), Folate: 19.32µg (4.83%), Vitamin B1: 0.07mg (4.47%), Selenium: 2.99µg (4.28%), Vitamin K: 4.05µg (3.86%), Zinc: 0.4mg (2.68%), Calcium: 25.34mg (2.53%)