



Simple Delicious Pasta Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



284 kcal

SAUCE

Ingredients

- 14.4 ounce canned tomatoes diced italian canned
- 0.3 cup olive oil extra virgin
- 4 cloves garlic minced
- 2 servings salt and pepper to taste

Equipment

- bowl

Directions

- Drain the canned tomatoes. Stir together the drained tomatoes, garlic, and olive oil in a bowl. Season with salt and pepper.

Nutrition Facts

PROTEIN 2.95% **FAT 83.61%** **CARBS 13.44%**

Properties

Glycemic Index:34, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:10.557391332543%

Flavonoids

Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 284.36kcal (14.22%), Fat: 27.44g (42.21%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 7.35g (2.67%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 205.56mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin C: 29.84mg (36.16%), Vitamin A: 1700.83IU (34.02%), Vitamin E: 4.99mg (33.3%), Vitamin K: 32.48µg (30.93%), Manganese: 0.33mg (16.68%), Potassium: 508.13mg (14.52%), Vitamin B6: 0.24mg (11.88%), Fiber: 2.58g (10.3%), Folate: 30.8µg (7.7%), Copper: 0.14mg (6.93%), Vitamin B3: 1.25mg (6.27%), Magnesium: 23.96mg (5.99%), Vitamin B1: 0.09mg (5.83%), Phosphorus: 58.17mg (5.82%), Iron: 0.81mg (4.48%), Calcium: 31.66mg (3.17%), Zinc: 0.42mg (2.78%), Vitamin B2: 0.05mg (2.67%), Vitamin B5: 0.22mg (2.17%), Selenium: 0.85µg (1.22%)