



Simple Tomato Sauce

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



207 kcal

SAUCE

Ingredients

- ☐ 4 to 6 basil leaves
- ☐ 64 ounce tomatoes crushed canned
- ☐ 1 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 2 bay leaves dried
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 small onion chopped

- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 4 tablespoons butter unsalted

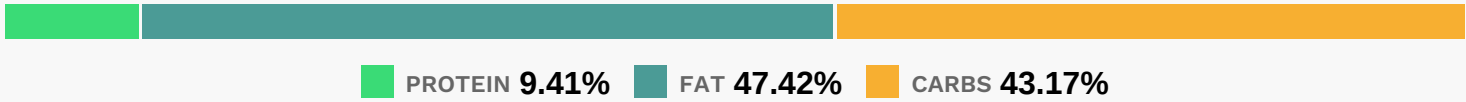
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ In a large casserole pot, heat oil over medium high heat.
- ☐ Add onion and garlic and saute until soft and translucent, about 2 minutes.
- ☐ Add celery and carrots and season with salt and pepper.
- ☐ Saute until all the vegetables are soft, about 5 minutes.
- ☐ Add tomatoes, basil, and bay leaves and simmer covered on low heat for 1 hour or until thick.
- ☐ Remove bay leaves and check for seasoning. If sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors.
- ☐ Add half the tomato sauce into the bowl of a food processor. Process until smooth. Continue with remaining tomato sauce.
- ☐ If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.

Nutrition Facts



Properties

Glycemic Index:45.97, Glycemic Load:6.89, Inflammation Score:-9, Nutrition Score:18.167391473832%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin:

0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 207.19kcal (10.36%), Fat: 12.08g (18.58%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 18.34g (6.67%), Sugar: 14.39g (15.99%), Cholesterol: 20.07mg (6.69%), Sodium: 413.28mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin A: 2628.76IU (52.58%), Vitamin C: 29.87mg (36.2%), Manganese: 0.63mg (31.27%), Vitamin E: 4.61mg (30.71%), Copper: 0.57mg (28.59%), Potassium: 961.5mg (27.47%), Fiber: 6.39g (25.58%), Vitamin B6: 0.5mg (25.03%), Iron: 4.07mg (22.62%), Vitamin K: 23.48µg (22.36%), Vitamin B3: 3.85mg (19.23%), Vitamin B1: 0.24mg (16.2%), Magnesium: 64.42mg (16.1%), Calcium: 116.8mg (11.68%), Folate: 46.43µg (11.61%), Phosphorus: 109.42mg (10.94%), Vitamin B2: 0.17mg (10.29%), Vitamin B5: 0.92mg (9.17%), Zinc: 0.89mg (5.96%), Selenium: 2.15µg (3.07%)