



Slow Cooker Spaghetti Sauce I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



10

CALORIES



132 kcal

SAUCE

Ingredients

- 1 bay leaf
- 145 ounce tomato sauce canned
- 3 tablespoons parsley dried
- 3 tablespoons rosemary dried
- 3 tablespoons thyme leaves dried
- 3 cloves garlic minced
- 1 onion chopped
- 3 tablespoons oregano dried

1 pinch pepper flakes red crushed

18 ounce tomato paste canned

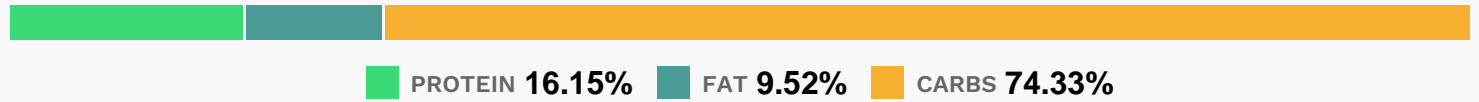
Equipment

slow cooker

Directions

In a large slow cooker combine tomato sauce, tomato paste, garlic, onion, rosemary, oregano, thyme, parsley, bay leaf and red pepper. Cook on high for 3 to 4 hours, stir frequently.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:8.51, Inflammation Score:-10, Nutrition Score:23.366521607275%

Flavonoids

Apigenin: 27.02mg, Apigenin: 27.02mg, Apigenin: 27.02mg, Apigenin: 27.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 131.81kcal (6.59%), Fat: 1.67g (2.57%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 20.53g (7.47%), Sugar: 17.48g (19.42%), Cholesterol: 0mg (0%), Sodium: 2020.63mg (87.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.77%), Vitamin K: 52.34µg (49.85%), Vitamin E: 6.98mg (46.54%), Vitamin C: 36.32mg (44.03%), Potassium: 1440.8mg (41.17%), Manganese: 0.8mg (40.14%), Vitamin A: 1995.04IU (39.9%), Iron: 7mg (38.87%), Fiber: 8.84g (35.38%), Copper: 0.6mg (30.05%), Vitamin B6: 0.54mg (27.11%), Vitamin B3: 4.91mg (24.56%), Magnesium: 83.63mg (20.91%), Vitamin B2: 0.33mg (19.26%), Vitamin B5: 1.45mg (14.51%), Calcium: 140.33mg (14.03%), Phosphorus: 139.59mg (13.96%), Folate: 55.53µg (13.88%), Vitamin B1: 0.16mg (10.46%), Zinc: 1.24mg (8.26%), Selenium: 3.19µg (4.56%)