



Slow Cooker Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



615 min.

SERVINGS



6

CALORIES



104 kcal

SAUCE

Ingredients

- ☐ 1 pinch cinnamon
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground pepper
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 0.5 small onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 10 roma tomatoes crushed peeled seeded plum
- ☐ 1 teaspoon salt

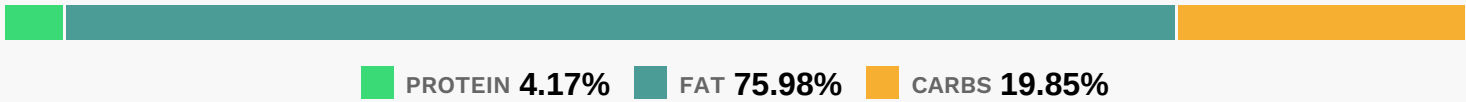
Equipment

- ☐ slow cooker

Directions

- ☐ Place tomatoes, onion, garlic, and olive oil in a slow cooker. Season with oregano, basil, cayenne pepper, salt, black pepper, and cinnamon.
- ☐ Cover, and cook 10 to 15 hours on Low. The longer you simmer it the more flavorful it becomes. At 10 hours it's really good, but at 15 its even better.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:5.8386957068806%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 104.49kcal (5.22%), Fat: 9.3g (14.32%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 3.72g (1.35%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 393.63mg (17.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin A: 1008.46IU (20.17%), Vitamin K: 19.37µg (18.44%), Vitamin C: 15.01mg (18.19%), Vitamin E: 2.04mg (13.59%), Manganese: 0.22mg (11.13%), Potassium: 275.46mg (7.87%), Fiber: 1.75g (6.99%), Vitamin B6: 0.11mg (5.54%), Folate: 18.34µg (4.59%), Iron: 0.69mg (3.82%), Magnesium: 15.27mg (3.82%), Copper: 0.08mg (3.82%), Vitamin B3: 0.68mg (3.4%), Phosphorus: 29.73mg (2.97%), Vitamin B1: 0.04mg (2.94%), Calcium: 24.27mg (2.43%), Vitamin B2: 0.03mg (1.72%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.11mg (1.11%)