



 **82%**
HEALTH SCORE

Spaghetti Sauce

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



121 kcal

SAUCE

Ingredients

- 1 teaspoons chili flakes hot
- 1 cup porcini mushrooms dried
- 0.5 cup cooking wine dry red
- 2 tablespoons thyme leaves dried fresh minced crumbled
- 6 cloves garlic minced
- 2 tablespoons olive oil
- 2 onions finely chopped (1 lb. total)
- 1 cup parsley minced

- 12 servings salt
- 1 tablespoon sugar
- 10 pound tomatoes cored ripe rinsed peeled chopped (or , if desired)

Equipment

- bowl
- frying pan

Directions

- In a small bowl, combine mushrooms and 2/3 cup boiling water.
- Let stand until soft, about 20 minutes. Rub mushrooms gently to release grit, then lift from water, squeeze dry, and finely chop. Reserve liquid.
- Meanwhile, combine garlic, onions, and oil in an 8- to 10-quart pan over medium-high heat. Stir often until onions are lightly browned and taste sweet, about 10 minutes.
- To pan, add mushrooms and most of the soaking liquid, discarding the gritty remainder. Also add tomatoes, parsley, wine, thyme, sugar, and chili flakes. Bring to a boil and simmer rapidly until reduced to 3 quarts, about 1 1/4 hours; stir often.
- Add salt to taste.
- Use hot, or let sauce cool, then cover and chill up to 5 days. To store longer, freeze in easy-to-use portions.

Nutrition Facts



PROTEIN 12.8% **FAT 22.7%** **CARBS 64.5%**

Properties

Glycemic Index:20.17, Glycemic Load:5.18, Inflammation Score:-10, Nutrition Score:21.1808695534%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg

Epicatechin: 1.07mg Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 120.74kcal (6.04%), Fat: 3.22g (4.96%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 15.08g (5.48%), Sugar: 11.84g (13.15%), Cholesterol: 0mg (0%), Sodium: 219.68mg (9.55%), Alcohol: 1.05g (100%), Alcohol %: 0.32% (100%), Protein: 4.09g (8.18%), Vitamin K: 113.54µg (108.13%), Vitamin C: 62.21mg (75.41%), Vitamin A: 3675.23IU (73.5%), Potassium: 1002.56mg (28.64%), Manganese: 0.54mg (26.93%), Fiber: 5.53g (22.14%), Vitamin B6: 0.38mg (18.88%), Copper: 0.37mg (18.55%), Folate: 72.2µg (18.05%), Vitamin E: 2.48mg (16.55%), Vitamin B3: 2.71mg (13.56%), Magnesium: 51.49mg (12.87%), Phosphorus: 109.83mg (10.98%), Vitamin B1: 0.16mg (10.9%), Iron: 1.68mg (9.35%), Vitamin B5: 0.9mg (9.05%), Vitamin B2: 0.12mg (7.07%), Zinc: 0.95mg (6.35%), Calcium: 57.32mg (5.73%), Selenium: 1.43µg (2.04%)