



25%  
HEALTH SCORE

## Spicy Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SAUCE

### Ingredients

- 1 cup canned tomatoes with added purée canned crushed
- 56 ounce canned tomatoes italian-style canned
- 0.8 teaspoon basil dried
- 0.8 teaspoon marjoram dried
- 0.5 cup wine dry red
- 6 garlic clove minced
- 3 tablespoons olive oil
- 1 medium onion finely chopped

- 1 teaspoon oregano dried
- 0.8 teaspoon pepper dried red crushed

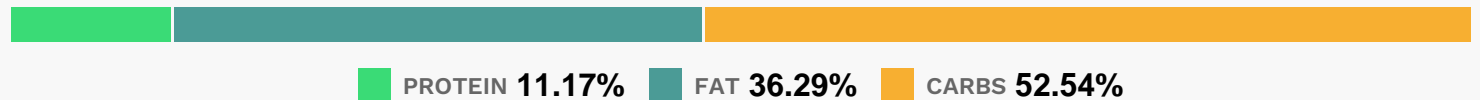
## Equipment

- sauce pan

## Directions

- Heat oil in heavy large saucepan over medium heat.
- Add onion, garlic, oregano, basil, marjoram and crushed red pepper. Cover and cook until onion is translucent, stirring occasionally, about 10 minutes.
- Add remaining ingredients; simmer gently, uncovered, until sauce thickens and measures 8 cups total, breaking up tomatoes with spoon and stirring occasionally, about 1 hour 15 minutes. Season sauce to taste with salt and pepper. (Can be prepared 2 days ahead. Cool slightly. Cover and refrigerate.)

## Nutrition Facts



## Properties

Glycemic Index:17.25, Glycemic Load:5.18, Inflammation Score:-7, Nutrition Score:12.696956479031%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg 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: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 142.33kcal (7.12%), Fat: 5.96g (9.17%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 14.57g (5.3%), Sugar: 10.69g (11.88%), Cholesterol: 0mg (0%), Sodium: 306.13mg (13.31%), Alcohol:

1.58g (100%), Alcohol %: 0.75% (100%), Protein: 4.13g (8.25%), Vitamin C: 22.77mg (27.6%), Vitamin E: 3.75mg (24.98%), Manganese: 0.5mg (24.96%), Copper: 0.44mg (21.81%), Potassium: 708.65mg (20.25%), Vitamin B6: 0.4mg (19.77%), Fiber: 4.84g (19.35%), Iron: 3.29mg (18.26%), Vitamin K: 18.79µg (17.9%), Vitamin B3: 2.86mg (14.32%), Magnesium: 49.33mg (12.33%), Vitamin B1: 0.18mg (12.22%), Vitamin A: 553.48IU (11.07%), Calcium: 91.94mg (9.19%), Folate: 33.37µg (8.34%), Phosphorus: 81.83mg (8.18%), Vitamin B2: 0.13mg (7.61%), Vitamin B5: 0.67mg (6.71%), Zinc: 0.69mg (4.59%), Selenium: 1.81µg (2.59%)