

Stephanie's Freezer Spaghetti Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons basil dried
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 0.8 teaspoon ground pepper black
- ☐ 4 onions chopped
- ☐ 2 tablespoons oregano dried
- ☐ 0.3 cup parsley chopped
- ☐ 2 tablespoons salt

- ☐ 6 ounce tomato paste canned
- ☐ 16 cups tomatoes chopped
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup sugar white

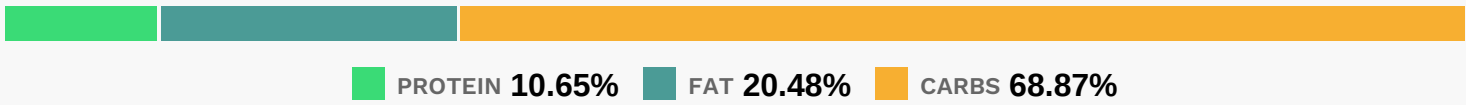
Equipment

- ☐ slow cooker

Directions

- ☐ In a slow cooker saute together the onion, garlic, green pepper, and vegetable oil. Cook until onion is transparent.
- ☐ Add the chopped tomatoes, oregano, basil, parsley, sugar, salt, and ground black pepper. Cook for 2 to 3 hours on low heat. Stir frequently.
- ☐ Let sauce cool.
- ☐ Pour sauce into quart size freezer containers. Store in freezer.
- ☐ When ready to use sauce, stir in can of tomato paste.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:12.29, Inflammation Score:-10, Nutrition Score:26.126956442128%

Flavonoids

Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 17.67mg, Quercetin: 17.67mg, Quercetin: 17.67mg, Quercetin: 17.67mg

Nutrients (% of daily need)

Calories: 190.12kcal (9.51%), Fat: 4.8g (7.39%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 28.07g (10.21%), Sugar: 23.73g (26.37%), Cholesterol: 0mg (0%), Sodium: 2389.6mg (103.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Vitamin K: 116µg (110.48%), Vitamin C: 82.41mg

(99.9%), Vitamin A: 3696.0IU (73.92%), Manganese: 0.91mg (45.66%), Potassium: 1248.42mg (35.67%), Fiber: 8.29g (33.16%), Vitamin B6: 0.56mg (27.79%), Folate: 91.19µg (22.8%), Vitamin E: 3.36mg (22.37%), Iron: 3.71mg (20.62%), Copper: 0.38mg (19.1%), Magnesium: 74.91mg (18.73%), Vitamin B3: 3.08mg (15.4%), Vitamin B1: 0.22mg (14.92%), Phosphorus: 140.69mg (14.07%), Calcium: 134.41mg (13.44%), Vitamin B2: 0.15mg (8.65%), Zinc: 1.1mg (7.34%), Vitamin B5: 0.59mg (5.94%), Selenium: 1.01µg (1.44%)