# Sugo Rosso (Red Sauce)

Vegetarian · Vegan · Gluten Free · Dairy Free

| READY IN | SERVINGS | CALORIES |
|---|---|---|
| 25 min. | 2 | 161 kcal |

SAUCE

## Ingredients

- [ ] 4 large basil leaves chopped
- [ ] 2 cloves garlic crushed
- [ ] 2 tablespoons olive oil
- [ ] 0.5 teaspoon salt
- [ ] 2 large tomatoes

## Equipment

- [ ] food processor
- [ ] sauce pan

- [ ] pot

## Directions

- [ ] Bring a pot of water to a boil. Cook the tomatoes in boiling water until the skin begins to split, about 1 minute. Immediately remove the tomatoes and plunge into ice water for several minutes to stop the cooking process.
- [ ] Remove the tomatoes from the ice water; remove and discard the tomato skins.
- [ ] Cut the tomatoes into chunks. Blend the tomatoes in a food processor until smooth.
- [ ] Heat the oil in a saucepan over medium heat; warm the crushed garlic in the oil until fragrant, being careful not to brown, 1 to 2 minutes.
- [ ] Add the blended tomatoes and salt; bring the mixture to a simmer and cook until the sauce thickens, 10 to 15 minutes.
- [ ] Remove the sauce from the heat and stir the basil through the sauce. Allow the sauce to sit for a few minutes to allow the flavor from the basil to blend into the sauce.

## Nutrition Facts

PROTEIN **4.3%** FAT **76.55%** CARBS **19.15%**

### Properties

Glycemic Index:69, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:8.6482608525649%

### Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

### Nutrients (% of daily need)

Calories: 161.17kcal (8.06%), Fat: 14.38g (22.13%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 5.83g (2.12%), Sugar: 4.82g (5.35%), Cholesterol: 0mg (0%), Sodium: 591.29mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin C: 26.01mg (31.53%), Vitamin A: 1558.53IU (31.17%), Vitamin K: 26.18µg (24.93%), Vitamin E: 3.01mg (20.05%), Manganese: 0.27mg (13.42%), Potassium: 445.99mg (12.74%), Vitamin B6: 0.18mg (9.2%), Fiber: 2.26g (9.04%), Folate: 27.93µg (6.98%), Copper: 0.12mg (5.99%), Vitamin B3: 1.11mg (5.55%), Magnesium: 21.3mg (5.32%), Vitamin B1: 0.07mg (4.91%), Phosphorus: 48.72mg

(4.87%), Iron: 0.65mg (3.62%), Calcium: 25.55mg (2.55%), Zinc: 0.35mg (2.35%), Vitamin B2: 0.04mg (2.26%), Vitamin B5: 0.18mg (1.82%)