



HEALTH SCORE

**100%**

## Thick & Chunky Tomato Sauce from Scratch



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN

**35 min.**

SERVINGS

**1**

CALORIES

**588 kcal**

SAUCE

### Ingredients



1 serving pepper black freshly ground to taste



0.3 teaspoon grain sea salt to taste fine



0.3 cup basil leaves fresh minced



2 large garlic cloves minced



0.3 cup oil-packed sun-dried tomatoes ( 6)



1 tablespoon olive oil extra-virgin



0.5 teaspoon oregano dried



1 medium zucchini julienned cooked

☐ 3 cups tomatoes    diced seeded

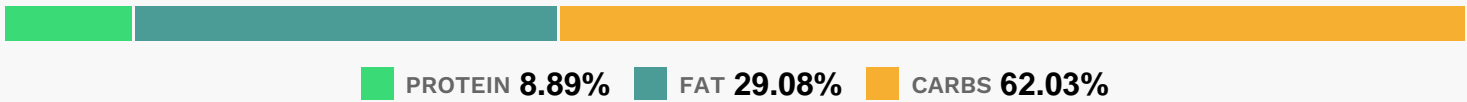
Equipment

- ☐ food processor
- ☐ ladle
- ☐ pot

Directions

- ☐ Add the oil, onion, and garlic into a medium pot and stir to combine. Season with salt and pepper.
- ☐ Saute over medium heat for about 5 minutes, until the onion is translucent.Stir in the diced tomatoes and increase heat to high-medium to bring to a low boil. When the mixture boils, reduce the heat to medium and simmer for about 15 minutes, uncovered, until most of the water cooks off. Watch closely, reducing heat if necessary and stirring often.
- ☐ Add sun-dried tomatoes into a food processor along with a ladle of the tomato sauce. Process until mostly smooth. Stir this mixture back into the tomato sauce in the pot.Stir in the minced basil, oregano, salt, and pepper, and optional red pepper flakes to taste. Continue cooking until thickened to your liking and then remove from heat.
- ☐ Serve sauce over a bed of pasta noodles, zucchini noodles, or spaghetti squash noodles.

Nutrition Facts



Properties

Glycemic Index:205, Glycemic Load:8.79, Inflammation Score:-10, Nutrition Score:51.198696012082%

Flavonoids

Naringenin: 3.04mg, Naringenin: 3.04mg, Naringenin: 3.04mg, Naringenin: 3.04mg 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: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 587.73kcal (29.39%), Fat: 21.33g (32.81%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 102.35g (34.12%), Net Carbohydrates: 78.45g (28.53%), Sugar: 48.87g (54.3%), Cholesterol: 0mg (0%), Sodium: 799.11mg (34.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Manganese: 2.46mg (122.88%), Vitamin C: 95.27mg (115.48%), Vitamin A: 5457.18IU (109.14%), Fiber: 23.9g (95.61%), Vitamin K: 95.64µg (91.08%), Potassium: 3101.44mg (88.61%), Vitamin B6: 1.52mg (75.93%), Vitamin B3: 14.46mg (72.3%), Magnesium: 226.62mg (56.65%), Copper: 1.06mg (53.03%), Folate: 208.27µg (52.07%), Vitamin B1: 0.68mg (45.59%), Vitamin B5: 4.51mg (45.07%), Iron: 7.45mg (41.41%), Vitamin E: 5.92mg (39.5%), Calcium: 335.43mg (33.54%), Phosphorus: 335.23mg (33.52%), Vitamin B2: 0.41mg (24.11%), Zinc: 3.29mg (21.93%), Selenium: 5.33µg (7.62%)