



Tomato and Basil Pasta Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



187 kcal

SAUCE

Ingredients

- 2 teaspoons balsamic vinegar
- 0.8 cup basil leaves
- 29 ounce tomatoes chopped canned
- 3 tablespoons olive oil extra virgin
- 2 cloves garlic crushed
- 4 servings salt and ground pepper black to taste
- 1 large onion chopped
- 0.3 teaspoon pepper flakes red to taste

2 teaspoons sugar white

Equipment

frying pan

Directions

Heat the olive oil in a skillet over medium heat; cook the onion and garlic in the hot oil until tender, about 5 minutes. Stir the tomatoes, red pepper flakes, vinegar, and sugar into the onion and garlic mixture; bring to a boil, reduce heat to low, and simmer until the flavors blend to your liking, 45 to 60 minutes. Stir the basil into the sauce; season with salt and pepper.

Nutrition Facts



PROTEIN 7.98% **FAT 49.45%** **CARBS 42.57%**

Properties

Glycemic Index:79.27, Glycemic Load:6.78, Inflammation Score:-7, Nutrition Score:13.476086937863%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 187.36kcal (9.37%), Fat: 11.18g (17.2%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 16.93g (6.16%), Sugar: 13.04g (14.49%), Cholesterol: 0mg (0%), Sodium: 276.11mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 36.36µg (34.63%), Vitamin E: 4.17mg (27.83%), Vitamin C: 22.96mg (27.83%), Manganese: 0.52mg (25.97%), Copper: 0.42mg (20.8%), Potassium: 682.97mg (19.51%), Vitamin B6: 0.38mg (19.09%), Fiber: 4.71g (18.86%), Iron: 3.03mg (16.82%), Vitamin A: 717.77IU (14.36%), Vitamin B3: 2.62mg (13.11%), Magnesium: 48.77mg (12.19%), Vitamin B1: 0.18mg (11.76%), Folate: 37µg (9.25%), Calcium: 90.84mg (9.08%), Phosphorus: 82.47mg (8.25%), Vitamin B2: 0.12mg (7.28%), Vitamin B5: 0.64mg (6.38%), Zinc: 0.68mg (4.54%), Selenium: 1.69µg (2.41%)