



Tomato-Basil Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



274 kcal

SAUCE

Ingredients

- 16 ounce canned tomatoes crushed canned
- 4 basil leaves fresh chopped
- 2 garlic cloves minced
- 8 servings kosher salt and pepper black freshly ground
- 3 tablespoons olive oil extra-virgin
- 8 servings pasta like spaghetti
- 1 pinch sugar

Equipment

sauce pan

Directions

- Coat a saucepan with 2 tablespoons of the oil and warm over medium-low heat.
- Add the garlic and cook, stirring, until soft.
- Add the crushed tomatoes and sugar; season with salt and pepper. Turn the heat up slightly to medium and simmer the sauce for 10 minutes, stirring occasionally. Stir in the basil and the remaining olive oil. Toss with spaghetti, if desired.

Nutrition Facts

 PROTEIN **12.06%**  FAT **20.49%**  CARBS **67.45%**

Properties

Glycemic Index:35.26, Glycemic Load:18.14, Inflammation Score:-3, Nutrition Score:9.5673913644708%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 274.21kcal (13.71%), Fat: 6.26g (9.64%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 43.48g (15.81%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 78.46mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.59%), Selenium: 35.84µg (51.21%), Manganese: 0.64mg (32.24%), Copper: 0.27mg (13.5%), Phosphorus: 125.4mg (12.54%), Fiber: 2.91g (11.65%), Magnesium: 41.51mg (10.38%), Vitamin E: 1.53mg (10.2%), Vitamin B6: 0.17mg (8.72%), Potassium: 295.99mg (8.46%), Iron: 1.52mg (8.46%), Vitamin B3: 1.65mg (8.27%), Vitamin K: 7.23µg (6.88%), Vitamin C: 5.49mg (6.65%), Zinc: 0.95mg (6.36%), Vitamin B1: 0.09mg (6.31%), Folate: 17.63µg (4.41%), Vitamin B5: 0.41mg (4.05%), Vitamin B2: 0.06mg (3.78%), Calcium: 33.25mg (3.32%), Vitamin A: 133.07IU (2.66%)