



Tomato Juice Spaghetti Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



12

CALORIES



122 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 6 cloves garlic chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 pinch ground cloves
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 12 servings salt and pepper to taste

- ☐ 92 fluid ounce sacramento tomato juice canned
- ☐ 18 ounce tomato paste canned
- ☐ 1 tablespoon sugar white
- ☐ 1.5 fluid ounces white wine

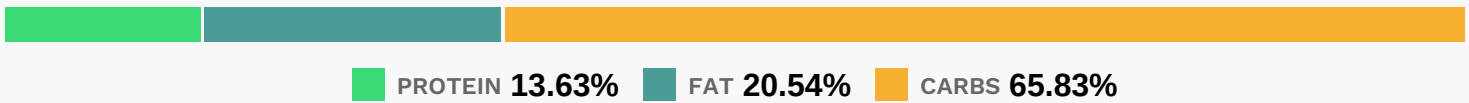
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Saute onions and garlic until lightly browned. Season with allspice, cloves and cayenne. Stir in wine, and cook until liquid is reduced.
- ☐ Add tomato juice, tomato paste and sugar. Season with oregano, salt and pepper; bring to a boil. Reduce heat, and simmer 90 minutes, or until thickened.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:6.64, Inflammation Score:-7, Nutrition Score:14.066956592643%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 121.71kcal (6.09%), Fat: 3.13g (4.82%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 17.12g (6.23%), Sugar: 13.44g (14.93%), Cholesterol: 0mg (0%), Sodium: 550.31mg (23.93%), Alcohol: 0.38g (100%), Alcohol %: 0.17% (100%), Protein: 4.68g (9.35%), Vitamin C: 26.23mg (31.79%), Manganese: 0.56mg (27.77%), Copper: 0.5mg (25.21%), Vitamin E: 3.75mg (24.99%), Potassium: 819.7mg (23.42%), Vitamin B6:

0.44mg (22.11%), Fiber: 5.46g (21.85%), Iron: 3.65mg (20.27%), Vitamin B3: 3.33mg (16.66%), Vitamin K: 16.85µg (16.04%), Magnesium: 56.49mg (14.12%), Vitamin B1: 0.21mg (14.09%), Vitamin A: 599.86IU (12%), Calcium: 100.94mg (10.09%), Folate: 37.93µg (9.48%), Phosphorus: 93.21mg (9.32%), Vitamin B2: 0.15mg (8.65%), Vitamin B5: 0.78mg (7.76%), Zinc: 0.78mg (5.18%), Selenium: 1.92µg (2.74%)