

Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



66 kcal

SAUCE

Ingredients

- ☐ 1.5 tablespoons pepper black freshly ground
- ☐ 1 teaspoon chili seasoning
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 teaspoon parsley fresh finely minced
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon onion minced
- ☐ 1 tablespoon oregano dried
- ☐ 1 teaspoon salt

- ☐ 6.3 pounds tomatoes crushed
- ☐ 1 teaspoon sugar white

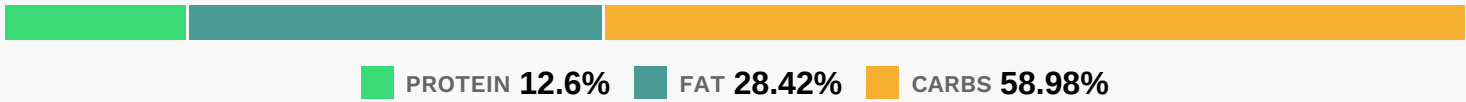
Equipment

- ☐ sauce pan

Directions

- ☐ In large saucepan over low heat, combine tomatoes, olive oil, pepper, chili seasoning, salt, onion, oregano, garlic powder, parsley and sugar. Simmer 1 hour.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:10.286956542212%

Flavonoids

Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 65.72kcal (3.29%), Fat: 2.34g (3.6%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 7.61g (2.77%), Sugar: 6.64g (7.37%), Cholesterol: 0mg (0%), Sodium: 206.45mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 2061.93IU (41.24%), Vitamin C: 32.46mg (39.34%), Vitamin K: 23.84µg (22.71%), Manganese: 0.4mg (19.83%), Potassium: 588.2mg (16.81%), Fiber: 3.33g (13.34%), Vitamin E: 1.67mg (11.15%), Vitamin B6: 0.21mg (10.56%), Folate: 37.12µg (9.28%), Copper: 0.16mg (7.86%), Magnesium: 29.3mg (7.32%), Vitamin B3: 1.45mg (7.27%), Phosphorus: 62.03mg (6.2%), Vitamin B1: 0.09mg (6.19%), Iron: 0.95mg (5.28%), Calcium: 34.85mg (3.49%), Vitamin B2: 0.05mg (3.04%), Zinc: 0.45mg (3.01%), Vitamin B5: 0.23mg (2.35%)