



Tomato sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



118 kcal

SAUCE

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 2 onion finely chopped
- ☐ 2 carrots finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 2 garlic clove crushed
- ☐ 2 bay leaves
- ☐ 1 tsp sugar
- ☐ 1600 g tomatoes chopped canned

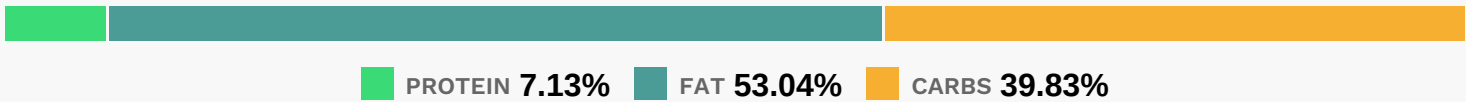
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan and add the vegetables and bay leaf. Stir in the sugar with some salt. Gently cook for 10–15 mins until the veg is tender. Stir in the tomatoes and 150ml water. Simmer very gently for 30 mins until the sauce has reduced by two-thirds and is very thick. (If you have doubled or tripled the quantities, this may take up to 1 hr.)
- ☐ Stir occasionally, particularly towards the end of the cooking time, so that the sauce doesn't catch on the bottom. If you like your sauce a little thinner, add a splash of water.
- ☐ Serve half with pasta and chill or freeze other half in 1–2 batches for later use (see 'Goes well with' for ideas of how to use up your sauce).

Nutrition Facts



Properties

Glycemic Index:30.49, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:11.863043582958%

Flavonoids

Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 118.49kcal (5.92%), Fat: 7.47g (11.5%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 9.3g (3.38%), Sugar: 7.69g (8.55%), Cholesterol: 0mg (0%), Sodium: 22.7mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin A: 4220.32IU (84.41%), Vitamin C: 30.61mg (37.1%), Vitamin K: 22.44µg (21.37%), Potassium: 568.77mg (16.25%), Manganese: 0.3mg (15.05%), Vitamin E: 2.2mg (14.65%), Fiber: 3.33g (13.33%), Vitamin B6: 0.22mg (11.23%), Folate: 38.55µg (9.64%), Copper: 0.14mg (6.92%), Vitamin B3: 1.38mg (6.89%), Magnesium: 26.91mg (6.73%), Vitamin B1: 0.1mg (6.56%), Phosphorus: 62.73mg (6.27%), Iron: 0.71mg (3.94%), Calcium: 33.4mg (3.34%), Vitamin B2: 0.06mg (3.29%), Zinc: 0.43mg (2.9%), Vitamin

B5: 0.26mg (2.6%)