



## Tomato sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



98 kcal

SAUCE

## Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 onion chopped
- ☐ 2 garlic clove crushed
- ☐ 1 tbsp tomato purée
- ☐ 800 g canned tomatoes chopped canned
- ☐ 1 tsp oregano dried

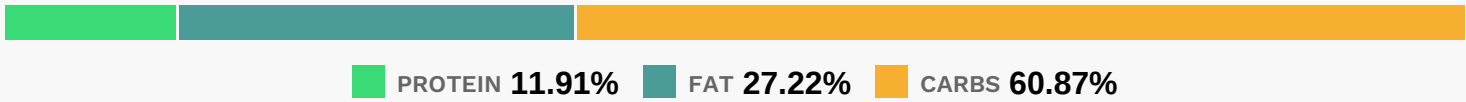
## Equipment

- ☐ sauce pan

# Directions

- ☐ Heat the olive oil in a large saucepan, add the onions and cook on a low heat until soft.
- ☐ Add the garlic and tomato pure. Cook for a few minutes then add the chopped tomatoes and oregano. Season generously and simmer for 20 mins, then allow to cool.
- ☐ Store in sterilised jars in the fridge for up to 1 week, or transfer to a container and freeze for up to 2 months.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:4.3, Inflammation Score:-7, Nutrition Score:9.7417391797771%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg

## Nutrients (% of daily need)

Calories: 97.51kcal (4.88%), Fat: 3.32g (5.11%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 12.68g (4.61%), Sugar: 9.09g (10.1%), Cholesterol: 0mg (0%), Sodium: 214.21mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin C: 18.7mg (22.66%), Manganese: 0.39mg (19.65%), Vitamin E: 2.54mg (16.94%), Copper: 0.32mg (16.25%), Fiber: 4.03g (16.11%), Potassium: 556.46mg (15.9%), Vitamin B6: 0.32mg (15.77%), Iron: 2.4mg (13.32%), Vitamin K: 12.71µg (12.1%), Vitamin B3: 2.08mg (10.39%), Vitamin B1: 0.14mg (9.61%), Magnesium: 38.41mg (9.6%), Folate: 30.4µg (7.6%), Vitamin A: 367.43IU (7.35%), Calcium: 73.05mg (7.3%), Phosphorus: 67.61mg (6.76%), Vitamin B2: 0.1mg (5.93%), Vitamin B5: 0.52mg (5.23%), Zinc: 0.54mg (3.61%), Selenium: 1.39µg (1.98%)