



Zesty Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



27 kcal

SAUCE

Ingredients

- 16 ounce tomato sauce canned
- 1 tablespoon basil fresh chopped
- 2 garlic cloves pressed
- 0.3 teaspoon penzey's southwest seasoning dried italian
- 1 teaspoon sugar

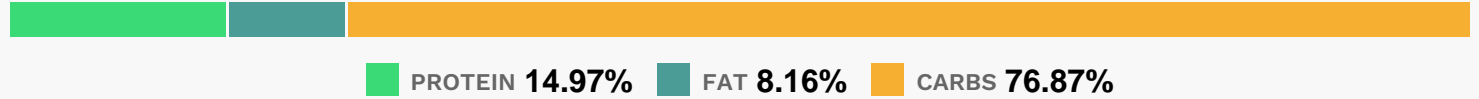
Equipment

- sauce pan

Directions

- Cook first 4 ingredients and, if desired, crushed red pepper in a heavy saucepan over medium-high heat, stirring occasionally, until reduced to 1 1/4 cups (about 10 minutes). Stir in basil.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:2.23, Inflammation Score:-4, Nutrition Score:3.9739130424417%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 27kcal (1.35%), Fat: 0.29g (0.44%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 4.66g (1.69%), Sugar: 4.05g (4.49%), Cholesterol: 0mg (0%), Sodium: 430.26mg (18.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin E: 1.33mg (8.86%), Vitamin A: 415.72IU (8.31%), Vitamin C: 6.8mg (8.24%), Potassium: 276.7mg (7.91%), Manganese: 0.13mg (6.34%), Fiber: 1.43g (5.74%), Copper: 0.11mg (5.51%), Vitamin B6: 0.11mg (5.27%), Iron: 0.94mg (5.23%), Vitamin K: 4.84µg (4.61%), Vitamin B3: 0.92mg (4.58%), Magnesium: 14.43mg (3.61%), Vitamin B2: 0.06mg (3.6%), Vitamin B5: 0.29mg (2.89%), Phosphorus: 26.7mg (2.67%), Folate: 8.71µg (2.18%), Calcium: 17.19mg (1.72%), Vitamin B1: 0.02mg (1.63%), Zinc: 0.22mg (1.46%), Selenium: 0.73µg (1.04%)