

Basic Italian Tomato Sauce

Yield: 3 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meringue-recipe-martha-stewart>

Ingredients:

- 1 1/2 tablespoons extra-virgin olive oil
- 2 cloves garlic minced
- 1/8 teaspoon crushed red pepper flakes
- 28 ounces tomatoes best-quality, pulsed in a blender
- 1/2 teaspoon coarse salt
- 1 sprig fresh basil optional
- 1 tablespoon unsalted butter optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 410 milligrams
9. Sugar: 8 grams

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