

Spicy Tomato Sauce

Southern Living - 1984 Annual Recipes

Yield: 1 1/2 cups

1 clove garlic, minced
1 tablespoon vegetable oil
1 can (14-1/2 ounce) whole
tomatoes, undrained and chopped
1 can (8 ounce) tomato sauce
1 teaspoon dried Italian seasoning
1/2 teaspoon sugar

In a heavy skillet, saute' the garlic in hot oil until tender.

Stir in the tomatoes, tomato sauce, Italian seasoning and sugar. Bring to a boil.

Per Serving (excluding unknown items): 235 Calories; 15g Fat (50.8% calories from fat); 5g Protein; 27g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1494mg Sodium. Exchanges: 0 Grain(Starch); 4 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	235
% Calories from Fat:	50.8%
% Calories from Carbohydrates:	42.1%
% Calories from Protein:	7.1%
Total Fat (g):	15g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	27g
Dietary Fiber (g):	5g
Protein (g):	5g
Sodium (mg):	1494mg
Potassium (mg):	1194mg
Calcium (mg):	46mg
Iron (mg):	2mg
Zinc (mg):	1mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	42mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	4
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Vitamin C (mg): 39mg
Vitamin A (i.u.): 3165IU
Vitamin A (r.e.): 316 1/2RE

Nutrition Facts

Amount Per Serving

Calories	235	Calories from Fat: 120
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% Daily Values*

Total Fat	15g	22%
Saturated Fat	2g	8%
Cholesterol	0mg	0%
Sodium	1494mg	62%
Total Carbohydrates	27g	9%
Dietary Fiber	5g	20%
Protein	5g	

Vitamin A	63%
Vitamin C	65%
Calcium	5%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.