

Spaghetti Sauce

Number of Servings: About 8

Ingredient	Nutrients per serving
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14.5 oz. can	tomatoes, diced, no added salt, 365 Whole Foods®
1 cup	tomatoes, diced, no added salt, 365 Whole Foods®
15 oz. can	tomato sauce, unsalted, 365 Whole Foods®
3 each	garlic cloves, fresh, minced
1 tsp.	basil leaves, dried
1 tsp.	oregano leaves, dried

Nutrition Facts	
Serving Size About 1/2 Cup (137g) Servings Per Container About 8	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Instructions

1. Combine all ingredients in medium saucepan and heat over low heat for 30 minutes.

This recipe can be part of a well balanced food plan.

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