



All-Purpose Marinara Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



127 kcal

SAUCE

Ingredients

- 112 ounce tomatoes whole chopped canned
- 0.5 cup capers
- 1 teaspoon cumin
- 1 cup parsley fresh chopped
- 1 bulb garlic separated peeled sliced
- 16 ounce chiles diced green canned
- 1 cup olives green pitted chopped
- 2 tablespoons horseradish prepared

- 1 teaspoon habanero hot sauce
- 1 teaspoon penzey's southwest seasoning dried italian
- 0.3 cup olive oil
- 1 teaspoon oregano dried
- 2 cups portobello mushroom caps cut into 1/4-inch pieces
- 6 ounce tomato paste canned
- 1 tablespoon sugar white

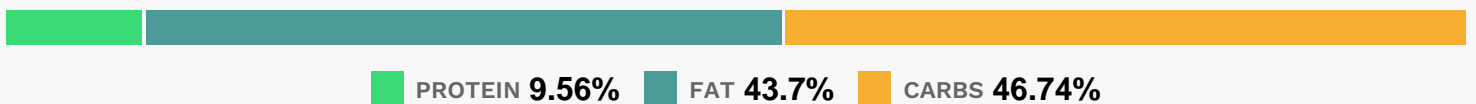
Equipment

- pot

Directions

- Heat the olive oil in a large pot over medium heat, and cook the garlic until lightly browned.
- Drain excess oil.
- Mix in the whole tomatoes, diced tomatoes, green chiles, tomato paste, capers, green olives, parsley, portobello mushroom caps, horseradish, habanero sauce, and sugar. Season with Italian seasoning, oregano, and cumin. Cover, and bring to a boil. Reduce heat to low, and simmer 25 minutes.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:17.291739096784%

Flavonoids

Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 9.68mg, Kaempferol: 9.68mg, Kaempferol: 9.68mg, Kaempferol: 9.68mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg

Nutrients (% of daily need)

Calories: 127.15kcal (6.36%), Fat: 6.93g (10.67%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 11.92g (4.34%), Sugar: 8.63g (9.59%), Cholesterol: 0mg (0%), Sodium: 948.46mg (41.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin K: 97.21µg (92.58%), Vitamin C: 46.77mg (56.69%), Iron: 4.06mg (22.56%), Vitamin E: 3.22mg (21.5%), Vitamin B6: 0.4mg (20.04%), Potassium: 684.08mg (19.55%), Fiber: 4.76g (19.05%), Vitamin A: 871.55IU (17.43%), Vitamin B3: 3.11mg (15.57%), Copper: 0.3mg (15.18%), Folate: 59.31µg (14.83%), Manganese: 0.28mg (14.15%), Calcium: 125.36mg (12.54%), Vitamin B2: 0.2mg (11.9%), Magnesium: 41.86mg (10.47%), Vitamin B1: 0.15mg (10.16%), Phosphorus: 81.05mg (8.1%), Vitamin B5: 0.58mg (5.79%), Selenium: 3.46µg (4.94%), Zinc: 0.64mg (4.27%)