



Basic Marinara



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 garlic cloves minced
- ☐ 5 teaspoons penzey's southwest seasoning italian freshly ground
- ☐ 84 oz no-salt-added tomatoes crushed canned
- ☐ 3 tablespoons olive oil
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 2 cups vegetable broth fat-free low-sodium

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3 cups onions yellow chopped (3 medium)

Equipment

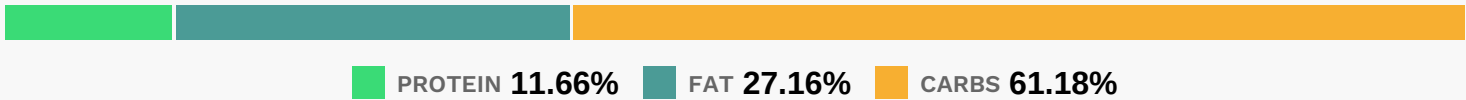
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dutch oven

Directions

- ☐
- Saut onions in hot oil in a large Dutch oven over medium-high heat 5 minutes or until tender.
- ☐
- Add sugar and next 3 ingredients; saut 1 minute. Stir in vinegar; cook 30 seconds.
- ☐
- Add broth and tomatoes. Bring to a boil; reduce heat to low, and simmer, stirring occasionally, 55 minutes or until sauce thickens.
- ☐
- Note: We tested with McCormick Italian Herb Seasoning Grinder (set on medium) and Dei Fratelli Crushed Tomatoes.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:6.43, Inflammation Score:-7, Nutrition Score:12.840869468191%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 133.6kcal (6.68%), Fat: 4.51g (6.95%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 17.44g (6.34%), Sugar: 13.13g (14.59%), Cholesterol: 0mg (0%), Sodium: 711.45mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin C: 23.42mg (28.39%), Manganese: 0.52mg (25.82%), Vitamin E: 3.43mg (22.88%), Fiber: 5.44g (21.77%), Copper: 0.42mg (21.13%), Potassium: 716.16mg (20.46%), Vitamin B6: 0.4mg (19.84%), Vitamin K: 19.61µg (18.68%), Iron: 3.3mg (18.34%), Vitamin B3: 2.74mg (13.72%), Magnesium: 50.68mg (12.67%), Vitamin B1: 0.19mg (12.38%), Calcium: 100.74mg (10.07%), Folate: 38.61µg (9.65%), Vitamin A: 481.86IU (9.64%), Phosphorus: 85.08mg (8.51%), Vitamin B2: 0.13mg (7.66%), Vitamin B5: 0.67mg (6.69%), Zinc: 0.7mg (4.64%), Selenium: 1.68µg (2.4%)