



Best Marinara Sauce Yet



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SAUCE

Ingredients

- ☐ 4 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 6 tablespoons olive oil
- ☐ 0.3 cup onion diced finely
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 29 ounce stewed tomatoes canned

- ☐ 6 ounce tomato paste canned
- ☐ 0.5 cup white wine

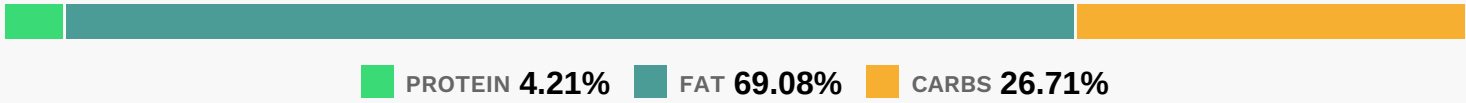
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In a food processor place Italian tomatoes, tomato paste, chopped parsley, minced garlic, oregano, salt, and pepper. Blend until smooth.
- ☐ In a large skillet over medium heat saute the finely chopped onion in olive oil for 2 minutes.
- ☐ Add the blended tomato sauce and white wine.
- ☐ Simmer for 30 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:14.489130403685%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 286.82kcal (14.34%), Fat: 21.58g (33.21%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 15.29g (5.56%), Sugar: 10.02g (11.14%), Cholesterol: 0mg (0%), Sodium: 1096.7mg (47.68%), Alcohol: 3.09g (100%), Alcohol %: 1.23% (100%), Protein: 2.96g (5.92%), Vitamin K: 88.93µg (84.69%), Vitamin E: 5.39mg (35.92%), Vitamin C: 26.7mg (32.37%), Iron: 3.97mg (22.08%), Potassium: 624.28mg (17.84%), Copper:

0.33mg (16.39%), Vitamin A: 791.43IU (15.83%), Manganese: 0.31mg (15.64%), Fiber: 3.48g (13.93%), Calcium: 106.09mg (10.61%), Vitamin B3: 2.12mg (10.59%), Magnesium: 41.27mg (10.32%), Vitamin B1: 0.14mg (9.34%), Vitamin B6: 0.15mg (7.41%), Phosphorus: 68.39mg (6.84%), Folate: 25.95µg (6.49%), Vitamin B2: 0.11mg (6.46%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.59mg (3.94%), Selenium: 1.73µg (2.47%)