



Bill's Marinara Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



62 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 4 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar

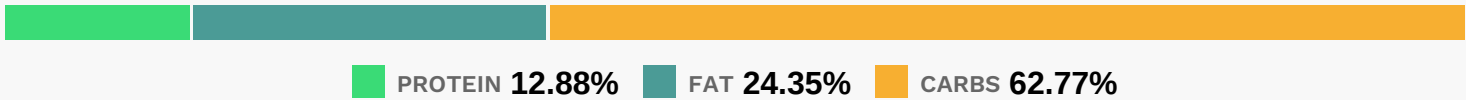
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium-high heat.
- ☐ Add onion and garlic. Cook 3 minutes or until tender; stir constantly. Stir in remaining ingredients; bring to a boil. Reduce heat; simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:2.19, Inflammation Score:-4, Nutrition Score:7.5660870178886%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 62.4kcal (3.12%), Fat: 1.94g (2.98%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 8.51g (3.1%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 376.7mg (16.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin C: 17.35mg (21.04%), Manganese: 0.27mg (13.71%), Vitamin E: 1.95mg (13.01%), Vitamin B6: 0.26mg (12.79%), Potassium: 443.52mg (12.67%), Iron: 2.09mg (11.59%), Copper: 0.23mg (11.59%), Fiber: 2.72g (10.88%), Vitamin B3: 1.74mg (8.72%), Vitamin K: 8.48µg (8.08%), Vitamin B1: 0.11mg (7.47%), Magnesium: 28.66mg (7.16%), Calcium: 62.33mg (6.23%), Vitamin A: 297.32IU (5.95%), Vitamin B2: 0.1mg (5.82%), Folate: 19.68µg (4.92%), Phosphorus: 49.08mg (4.91%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.39mg (2.6%), Selenium: 0.84µg (1.2%)