



Chunky Marinara Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



42 kcal

SAUCE

Ingredients

- ☐ 4 teaspoons balsamic vinegar
- ☐ 1 large basil sprig
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion chopped ()
- ☐ 1 oregano sprig
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 56 ounce plum tomatoes italian-style undrained canned (such as Cento)
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon sugar

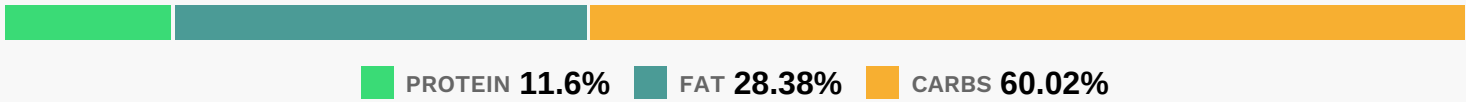
Equipment

- ☐ food processor
- ☐ dutch oven

Directions

- ☐ Place 1 can tomatoes with juice in a food processor, and process until smooth. Chop remaining can of tomatoes with juice.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 3 minutes or until onion is tender.
- ☐ Add pured tomatoes, chopped tomatoes with juice, salt, and next 7 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes or until thick.
- ☐ Remove from heat; discard basil and oregano sprigs and bay leaf. Stir in chopped basil and chopped oregano.

Nutrition Facts



Properties

Glycemic Index:33.09, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:6.0421739654697%

Flavonoids

Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 42.19kcal (2.11%), Fat: 1.47g (2.27%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.05g (1.84%), Sugar: 4.38g (4.86%), Cholesterol: 0mg (0%), Sodium: 298.92mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Vitamin C: 18.91mg (22.92%), Vitamin A: 1143.18IU (22.86%), Vitamin K: 15.93µg (15.18%), Manganese: 0.21mg (10.47%), Potassium: 336.69mg (9.62%), Fiber: 1.96g (7.84%), Vitamin E: 0.99mg (6.63%), Vitamin B6: 0.13mg (6.45%), Folate: 22.6µg (5.65%), Copper: 0.09mg (4.45%), Magnesium: 17.32mg (4.33%), Vitamin B3: 0.83mg (4.15%), Vitamin B1: 0.05mg (3.63%), Phosphorus: 36.17mg (3.62%), Iron: 0.61mg (3.41%), Calcium: 25.64mg (2.56%), Vitamin B2: 0.03mg (1.83%), Zinc: 0.27mg (1.77%), Vitamin B5: 0.14mg (1.36%)