



Classic Marinara and Pizza Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

SAUCE

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
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- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 large garlic cloves peeled
- ☐ 0.8 teaspoon kosher salt divided

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 large bell pepper red
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup tomato paste italian with herbs

Equipment

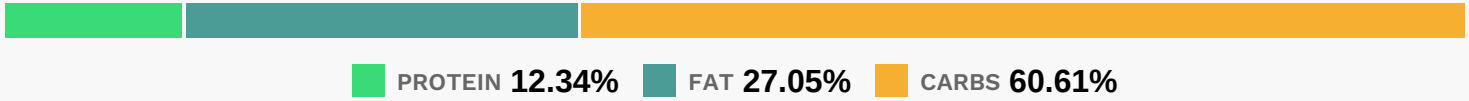
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place garlic cloves and pepper halves, skin sides up, on a foil-lined baking sheet; flatten pepper halves with hand. Broil 12 minutes or until blackened.
- ☐ Place the pepper in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel pepper; chop pepper and garlic.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; cook 5 minutes or until tender, stirring frequently.
- ☐ Add basil and oregano; cook 1 minute. Stir in roasted pepper, roasted garlic, wine, tomato paste, 1/2 teaspoon salt, and tomatoes; bring to a boil. Reduce heat, and simmer 20 minutes, stirring occasionally.
- ☐ Place half of tomato mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.

- ☐
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐
- Pour into a large bowl. Repeat procedure with remaining tomato mixture. Stir in parsley, vinegar, oil, and 1/4 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.73, Inflammation Score:-8, Nutrition Score:10.193478174832%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 74.46kcal (3.72%), Fat: 2.15g (3.31%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 8.03g (2.92%), Sugar: 6.03g (6.7%), Cholesterol: 0mg (0%), Sodium: 356.68mg (15.51%), Alcohol: 1.58g (100%), Alcohol %: 1.22% (100%), Protein: 2.21g (4.42%), Vitamin C: 39.7mg (48.12%), Vitamin K: 35.66µg (33.96%), Vitamin A: 1054.07IU (21.08%), Manganese: 0.27mg (13.4%), Vitamin E: 1.95mg (13%), Vitamin B6: 0.25mg (12.27%), Potassium: 394.19mg (11.26%), Fiber: 2.81g (11.23%), Copper: 0.21mg (10.41%), Iron: 1.76mg (9.76%), Vitamin B3: 1.55mg (7.74%), Folate: 28.78µg (7.2%), Magnesium: 27.15mg (6.79%), Vitamin B1: 0.1mg (6.57%), Calcium: 48.02mg (4.8%), Vitamin B2: 0.08mg (4.67%), Phosphorus: 45.73mg (4.57%), Vitamin B5: 0.38mg (3.82%), Zinc: 0.4mg (2.65%), Selenium: 0.81µg (1.15%)