



Classic Marinara Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



72 kcal

SAUCE

Ingredients

- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 0.3 cup carrots finely chopped
- 2 cloves garlic finely chopped
- 28 oz canned tomatoes with basil, undrained organic crushed canned
- 1 tablespoon parsley fresh italian chopped (flat-leaf)
- 0.5 teaspoon oregano dried fresh chopped
- 0.3 teaspoon coarse salt (kosher or sea)

0.3 teaspoon pepper

Equipment

sauce pan

Directions

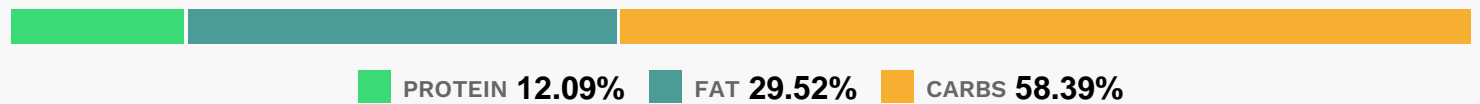
In 3-quart saucepan, heat oil over medium heat.

Add onion, carrot and garlic; cook about 5 minutes, stirring occasionally, until tender. Stir in remaining ingredients.

Heat to boiling. Reduce heat; cover and simmer 15 minutes.

Serve over cooked pasta as desired.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:8.9365218722302%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 72.27kcal (3.61%), Fat: 2.68g (4.13%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 8.92g (3.24%), Sugar: 6.66g (7.4%), Cholesterol: 0mg (0%), Sodium: 276.34mg (12.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin A: 1235.23IU (24.7%), Vitamin K: 24.06µg (22.91%), Vitamin C: 14.68mg (17.79%), Manganese: 0.3mg (15.2%), Copper: 0.26mg (12.8%), Vitamin E: 1.91mg (12.76%), Potassium: 435.1mg (12.43%), Fiber: 3.02g (12.1%), Vitamin B6: 0.24mg (11.84%), Iron: 1.89mg (10.52%), Vitamin B3: 1.71mg (8.54%), Vitamin B1: 0.11mg (7.46%), Magnesium: 29.61mg (7.4%), Calcium: 55.63mg (5.56%), Folate: 22.2µg (5.55%), Phosphorus: 50.36mg (5.04%), Vitamin B2: 0.08mg (4.6%), Vitamin B5: 0.41mg (4.1%), Zinc: 0.42mg (2.78%), Selenium: 1.02µg (1.46%)