



Easy Marinara Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



103 kcal

SAUCE

Ingredients

- ☐ 14.5 oz canned tomatoes diced undrained canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 1.5 tablespoons tomato paste

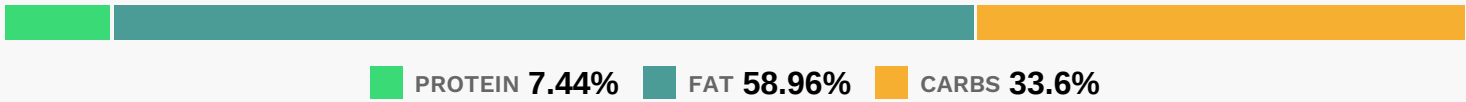
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Saut minced garlic in hot olive oil in a saucepan over medium heat 1 minute.
- ☐ Add tomato paste; cook, stirring constantly, 1 minute. Stir in diced tomatoes and lemon juice; reduce heat to low, and cook 10 minutes.
- ☐ Remove from heat. Mash tomatoes with a potato masher until tomatoes are crushed. Stir in chopped fresh basil. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:2.65, Inflammation Score:-4, Nutrition Score:6.8386956246003%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 102.98kcal (5.15%), Fat: 7.34g (11.29%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 7.15g (2.6%), Sugar: 5.36g (5.96%), Cholesterol: 0mg (0%), Sodium: 377.32mg (16.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin E: 2.57mg (17.1%), Vitamin C: 12.87mg (15.6%), Vitamin K: 14.52µg (13.83%), Manganese: 0.24mg (12.18%), Copper: 0.22mg (10.95%), Potassium: 374.88mg (10.71%), Vitamin B6: 0.19mg (9.45%), Fiber: 2.26g (9.03%), Iron: 1.62mg (8.98%), Vitamin B3: 1.46mg (7.32%), Vitamin A: 365.56IU (7.31%), Magnesium: 24.32mg (6.08%), Vitamin B1: 0.08mg (5.66%), Calcium: 42mg (4.2%), Phosphorus: 41.02mg (4.1%), Folate: 15.55µg (3.89%), Vitamin B2: 0.07mg (3.86%), Vitamin B5: 0.31mg (3.1%), Zinc: 0.34mg (2.29%), Selenium: 1.15µg (1.65%)