

health-score 62%

HEALTH SCORE

Make a Difference Marinara and Pasta

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN

ready

65 min.

SERVINGS

servings

6

CALORIES

calories

419 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 58 ounce tomatoes crushed canned
- ☐ 1 teaspoon rosemary leaves fresh finely minced
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 2 cloves garlic with the side of a knife blade and minced crushed
- ☐ 2 tablespoons grapeseed oil
- ☐ 1 medium onion minced
- ☐ 1 pound penne pasta
- ☐ 6 servings salt and pepper black freshly ground

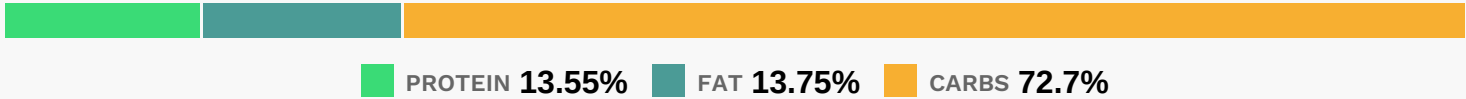
Equipment

☐ pot

Directions

- ☐ Heat grapeseed oil over medium heat in a saucepot.
- ☐ Saute onion and garlic until onion turns translucent, being careful not to burn the garlic. Stir in rosemary and thyme, add crushed tomatoes, season with salt and pepper, cover and let simmer for 30 minutes.
- ☐ Boil pasta until al dente.
- ☐ Drain well and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:28.82, Inflammation Score:-9, Nutrition Score:23.0313044009%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 419.19kcal (20.96%), Fat: 6.61g (10.18%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 78.7g (26.23%), Net Carbohydrates: 70.62g (25.68%), Sugar: 14.86g (16.52%), Cholesterol: 0mg (0%), Sodium: 367.26mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.33%), Selenium: 49.66µg (70.94%), Manganese: 1.26mg (62.97%), Copper: 0.74mg (36.76%), Vitamin C: 27.95mg (33.88%), Vitamin E: 4.86mg (32.39%), Fiber: 8.08g (32.32%), Potassium: 1007.82mg (28.79%), Vitamin B6: 0.56mg (27.77%), Iron: 4.73mg (26.27%), Magnesium: 98.21mg (24.55%), Phosphorus: 238.3mg (23.83%), Vitamin B3: 4.68mg (23.38%), Vitamin B1: 0.28mg (18.96%), Vitamin K: 14.85µg (14.15%), Folate: 53.08µg (13.27%), Vitamin A: 622.36IU (12.45%), Zinc: 1.86mg (12.41%), Calcium: 118.27mg (11.83%), Vitamin B2: 0.2mg (11.6%), Vitamin B5: 1.12mg (11.2%)