

food
network



HEALTH SCORE

63%

Marinara



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



8

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 gallon tomatoes whole canned peeled
- ☐ 1.5 cups small-diced carrot
- ☐ 2 cups celery diced
- ☐ 1 cup basil leaves fresh
- ☐ 0.5 cup thyme leaves fresh minced
- ☐ 4 cloves garlic minced peeled thinly sliced
- ☐ 8 servings kosher salt and pepper freshly ground to taste
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 0.3 cup oregano fresh minced
- ☐ 0.5 cup red wine
- ☐ 6 cups tomatoes fresh diced
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 large onion diced yellow

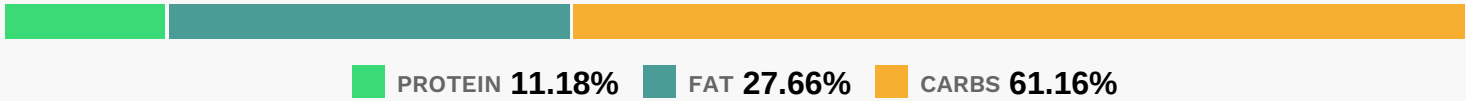
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ immersion blender

Directions

- ☐ Special equipment: Special equipment: immersion blender
- ☐ Heat the olive oil in a saucepan over medium-high heat to the verge of smoking.
- ☐ Add the onion, celery and carrots, cooking until the onions have softened. Next, deglaze the pan with wine, stirring and scraping the bottom of the pan.
- ☐ Add the canned and fresh tomatoes and the garlic, reduce the heat to medium and simmer for 20 minutes.
- ☐ Next, add the basil, thyme, oregano, Worcestershire sauce and salt and pepper to taste, reduce the heat to low and let simmer for another 20 to 25 minutes. Pulse with a hand-held immersion blender until semi-smooth, stirring throughout the process.

Nutrition Facts



Properties

Glycemic Index:38.6, Glycemic Load:2.77, Inflammation Score:-10, Nutrition Score:28.024347947991%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg,

Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg
Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg,
Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin:
1.03mg, Naringenin: 1.03mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin:
1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg,
Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg,
Kaempferol: 0.4mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin:
7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 193.6kcal (9.68%), Fat: 6.35g (9.76%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 31.58g (10.53%), Net
Carbohydrates: 23g (8.36%), Sugar: 17.07g (18.97%), Cholesterol: 0mg (0%), Sodium: 970.49mg (42.2%), Alcohol:
1.59g (100%), Alcohol %: 0.29% (100%), Protein: 5.77g (11.54%), Vitamin A: 5928.86IU (118.58%), Vitamin C: 69mg
(83.64%), Vitamin K: 58.26µg (55.48%), Potassium: 1428.28mg (40.81%), Manganese: 0.78mg (38.96%), Vitamin B6:
0.75mg (37.31%), Iron: 6.54mg (36.34%), Fiber: 8.58g (34.31%), Vitamin E: 5.11mg (34.07%), Copper: 0.47mg
(23.54%), Vitamin B3: 4.59mg (22.97%), Calcium: 229.48mg (22.95%), Magnesium: 85.08mg (21.27%), Vitamin B2:
0.35mg (20.6%), Folate: 79.22µg (19.81%), Vitamin B1: 0.3mg (19.72%), Phosphorus: 151.8mg (15.18%), Vitamin B5:
0.85mg (8.54%), Zinc: 1.14mg (7.58%), Selenium: 1.03µg (1.48%)