



Marinara Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes crushed chopped canned
- 1 tablespoon flat-leaf parsley fresh chopped
- 1.5 teaspoons garlic minced
- 1.5 teaspoons kosher salt
- 1 tablespoon olive oil good
- 0.5 cup red wine such as chianti good
- 1 cup onion yellow chopped (1 onion)

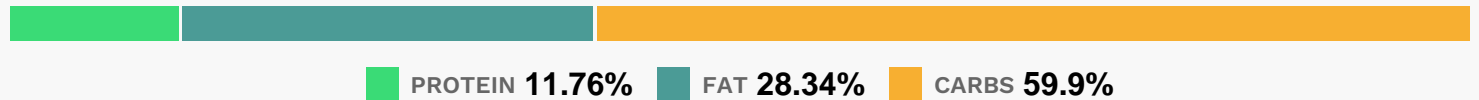
Equipment

frying pan

Directions

- Watch how to make this recipe.
- Heat the olive oil in a large (12-inch) skillet.
- Add the onion and saute over medium heat until translucent, 5 to 10 minutes.
- Add the garlic and cook for 1 more minute.
- Add the wine and cook on high heat, scraping up all the brown bits in the pan, until almost all the liquid evaporates, about 3 minutes. Stir in the tomatoes, parsley, salt, and pepper. Cover, and simmer on the lowest heat for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:3.43, Inflammation Score:-5, Nutrition Score:8.3252172988394%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 92.4kcal (4.62%), Fat: 2.74g (4.22%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 10.01g (3.64%), Sugar: 7.09g (7.88%), Cholesterol: 0mg (0%), Sodium: 758.45mg (32.98%), Alcohol: 2.12g (100%), Alcohol %: 1.46% (100%), Protein: 2.56g (5.12%), Vitamin K: 19.82µg (18.88%), Vitamin C: 15.27mg (18.5%), Manganese: 0.34mg (16.96%), Vitamin E: 2mg (13.35%), Potassium: 461.02mg (13.17%), Copper: 0.26mg (13.03%), Vitamin B6: 0.25mg (12.61%), Fiber: 3.05g (12.19%), Iron: 1.96mg (10.87%), Vitamin B3: 1.71mg (8.54%), Magnesium: 32.35mg (8.09%), Vitamin B1: 0.11mg (7.65%), Vitamin A: 342.51IU (6.85%), Folate: 23.53µg (5.88%), Phosphorus: 56.47mg (5.65%), Calcium: 56.11mg (5.61%), Vitamin B2: 0.08mg (4.94%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.45mg (3%), Selenium: 1.08µg (1.55%)