

Marinara Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



25 kcal

SAUCE

Ingredients

- 1.5 teaspoons basil dried
- 8 cloves garlic finely chopped
- 58 oz tomatoes diced italian with herbs, undrained canned
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon pepper
- 0.5 teaspoon salt
- 2 teaspoons sugar

6 oz canned tomatoes canned

1 tablespoon vegetable oil

Equipment

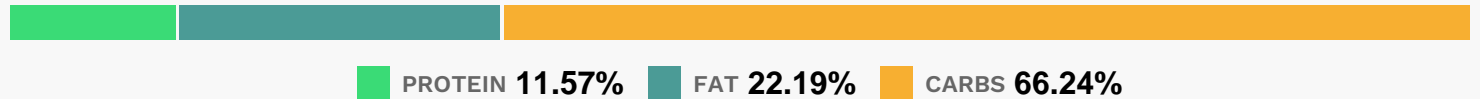
sauce pan

Directions

In 3-quart saucepan, stir all ingredients until well mixed.

Heat to boiling; reduce heat to low. Cover and simmer 30 minutes to blend flavors. Use sauce immediately, or cover and refrigerate up to 2 weeks or freeze up to 1 year.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:3.0226086714993%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 24.94kcal (1.25%), Fat: 0.7g (1.07%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.65g (1.33%), Sugar: 2.57g (2.86%), Cholesterol: 0mg (0%), Sodium: 156.3mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 7.83mg (9.49%), Manganese: 0.11mg (5.6%), Vitamin B6: 0.11mg (5.45%), Vitamin K: 5.17µg (4.93%), Iron: 0.88mg (4.91%), Potassium: 167.13mg (4.78%), Vitamin E: 0.63mg (4.17%), Fiber: 1.03g (4.14%), Copper: 0.07mg (3.44%), Calcium: 30.12mg (3.01%), Vitamin B3: 0.6mg (2.99%), Vitamin B1: 0.04mg (2.77%), Vitamin B2: 0.05mg (2.69%), Magnesium: 10.68mg (2.67%), Folate: 8.1µg (2.03%), Vitamin A: 97.96IU (1.96%), Phosphorus: 19.17mg (1.92%), Vitamin B5: 0.12mg (1.17%)