



Marinara Sauce



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon basil chopped (, optional)
- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 carrots peeled chopped (and)
- ☐ 1 stalk celery chopped ()
- ☐ 4 cloves garlic chopped ()
- ☐ 1 tablespoon olive oil

- ☐ 1 small onion chopped ()
- ☐ 1 teaspoon oregano
- ☐ 1 parmigiano reggiano rind
- ☐ 1 tablespoon parsley chopped (, optional)
- ☐ 1 cup red wine
- ☐ 4 servings salt and pepper to taste

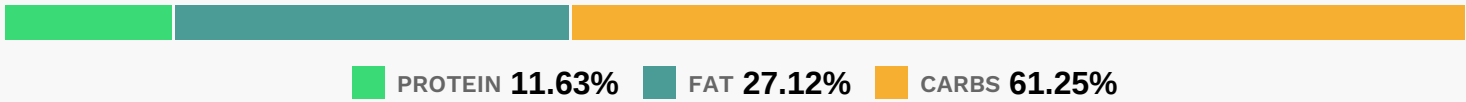
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onions and saute until translucent, about 5 minutes.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Add celery, carrots, salt and pepper and saute until the vegetables are soft (about 10 minutes).
- ☐ Add the tomatoes, oregano, bay leaf, salt and pepper, wine, balsamic vinegar and parmigiano reggiano rind and simmer uncovered over low heat until the sauce thickens (about 30–60 minutes).
- ☐ Stir in the basil and parsley and turn off the heat.

Nutrition Facts



Properties

Glycemic Index:93.21, Glycemic Load:5.83, Inflammation Score:-10, Nutrition Score:16.333478256331%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg
Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg,
Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg,
Kaempferol: 0.25mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin:
4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg,
Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 170.94kcal (8.55%), Fat: 4.24g (6.52%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 21.55g (7.18%), Net
Carbohydrates: 16.57g (6.03%), Sugar: 11.36g (12.63%), Cholesterol: 0.17mg (0.06%), Sodium: 483.58mg (21.03%),
Alcohol: 6.36g (100%), Alcohol %: 2.56% (100%), Protein: 4.09g (8.18%), Vitamin A: 3143.66IU (62.87%), Vitamin K:
39.52µg (37.63%), Manganese: 0.59mg (29.37%), Vitamin C: 23.14mg (28.05%), Potassium: 788.26mg (22.52%),
Vitamin E: 3.22mg (21.48%), Vitamin B6: 0.43mg (21.3%), Copper: 0.4mg (20.19%), Fiber: 4.98g (19.91%), Iron:
3.33mg (18.52%), Vitamin B3: 2.82mg (14.12%), Magnesium: 55.11mg (13.78%), Vitamin B1: 0.18mg (12%), Calcium:
105.41mg (10.54%), Phosphorus: 98.83mg (9.88%), Folate: 39.42µg (9.85%), Vitamin B2: 0.15mg (8.78%), Vitamin
B5: 0.69mg (6.86%), Zinc: 0.77mg (5.16%), Selenium: 1.96µg (2.8%)