



Marinara Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



101 kcal

SAUCE

Ingredients

- 32 ounce tomato sauce canned
- 16 ounce canned tomatoes crushed canned
- 1.5 teaspoons basil dried
- 3 tablespoons parsley fresh chopped
- 3 garlic cloves minced
- 3 tablespoons olive oil
- 1 medium onion thinly sliced
- 1.5 teaspoons oregano dried

0.5 teaspoon pepper

1 teaspoon salt

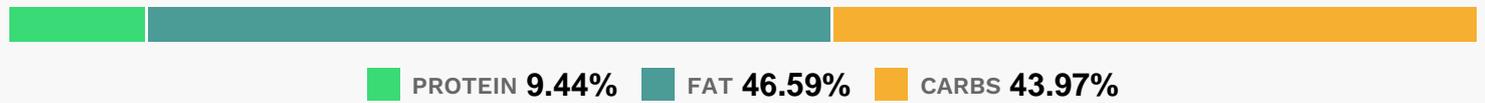
Equipment

frying pan

Directions

Saut onion and garlic in hot olive oil in a large skillet 5 minutes; add tomato sauce and remaining ingredients. Reduce heat, and simmer, uncovered, 15 minutes.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:3.53, Inflammation Score:-7, Nutrition Score:10.162173929422%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 101.23kcal (5.06%), Fat: 5.81g (8.94%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 8.99g (3.27%), Sugar: 7.16g (7.95%), Cholesterol: 0mg (0%), Sodium: 904.98mg (39.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin K: 39.77µg (37.87%), Vitamin E: 3.2mg (21.35%), Vitamin C: 16.53mg (20.03%), Manganese: 0.32mg (15.89%), Potassium: 547.25mg (15.64%), Vitamin A: 748.11IU (14.96%), Fiber: 3.35g (13.39%), Iron: 2.32mg (12.87%), Copper: 0.25mg (12.67%), Vitamin B6: 0.23mg (11.74%), Vitamin B3: 1.89mg (9.44%), Magnesium: 33.32mg (8.33%), Vitamin B2: 0.11mg (6.71%), Folate: 23.99µg (6%), Phosphorus: 56.61mg (5.66%), Vitamin B5: 0.54mg (5.44%), Vitamin B1: 0.08mg (5.37%), Calcium: 53.4mg (5.34%), Zinc: 0.48mg (3.2%), Selenium: 1.28µg (1.83%)