



Marinara Sauce I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



236 kcal

SAUCE

Ingredients

- 56 ounce canned tomatoes whole peeled canned
- 0.3 cup parsley fresh chopped
- 4 cloves garlic minced
- 4 tablespoons olive oil
- 0.5 cup red wine
- 0.5 tablespoon salt
- 6 ounce canned tomatoes canned

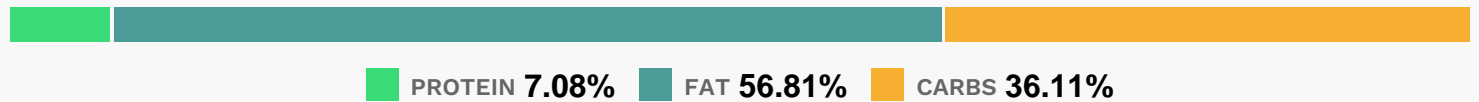
Equipment

- bowl
- sauce pan

Directions

- In a medium bowl, blend the whole tomatoes and paste; reserve.
- In a large saucepan, warm olive oil over medium–low heat and add garlic; cook for a few minutes, but make sure to not brown the garlic.
- Pour tomato mixture in saucepan and stir; cook over medium heat for 10 minutes.
- Add parsley, salt and wine; reduce heat to low and simmer, stirring occasionally, until sauce thickens; serve.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:19.353913322739%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 236.16kcal (11.81%), Fat: 14.68g (22.58%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 16.03g (5.83%), Sugar: 11.56g (12.85%), Cholesterol: 0mg (0%), Sodium: 1499.83mg (65.21%), Alcohol: 3.18g (100%), Alcohol %: 0.82% (100%), Protein: 4.12g (8.23%), Vitamin K: 83.86µg (79.87%), Vitamin C:

46.75mg (56.66%), Vitamin E: 5.28mg (35.18%), Vitamin B6: 0.56mg (28.1%), Iron: 4.91mg (27.28%), Potassium: 941.98mg (26.91%), Manganese: 0.48mg (24.07%), Fiber: 4.96g (19.85%), Copper: 0.37mg (18.51%), Vitamin A: 872.56IU (17.45%), Vitamin B3: 3.48mg (17.41%), Calcium: 151.18mg (15.12%), Vitamin B2: 0.26mg (15.1%), Vitamin B1: 0.22mg (14.75%), Magnesium: 58.41mg (14.6%), Folate: 43.37µg (10.84%), Phosphorus: 102.68mg (10.27%), Vitamin B5: 0.63mg (6.28%), Zinc: 0.79mg (5.26%), Selenium: 1.14µg (1.63%)