

Marinara Sauce II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



116 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 3 teaspoons basil leaves dried
- ☐ 4 cloves garlic minced
- ☐ 4 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 1 teaspoon sugar white

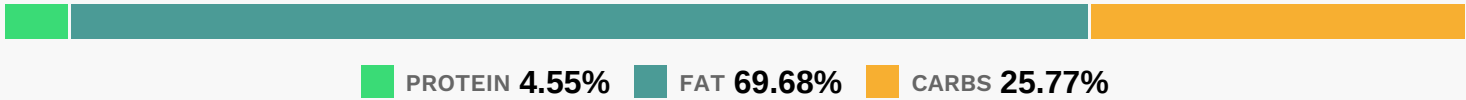
Equipment

☐ frying pan

Directions

☐ In a skillet over medium heat, saute garlic and onion in the olive oil; about 10 minutes. Break apart the whole tomatoes with your hands and add to the pan along with the crushed tomatoes, basil, sugar, salt and pepper. Cover and simmer 20 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:21.18, Glycemic Load:0.89, Inflammation Score:-3, Nutrition Score:6.0773912538653%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 116.38kcal (5.82%), Fat: 9.55g (14.69%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 6.19g (2.25%), Sugar: 4.34g (4.82%), Cholesterol: 0mg (0%), Sodium: 384.36mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin K: 18.11µg (17.25%), Vitamin C: 13.8mg (16.72%), Vitamin E: 2.3mg (15.34%), Iron: 1.85mg (10.25%), Manganese: 0.2mg (9.99%), Vitamin B6: 0.19mg (9.62%), Potassium: 287.07mg (8.2%), Fiber: 1.75g (7.01%), Calcium: 58.74mg (5.87%), Copper: 0.11mg (5.63%), Vitamin B3: 0.99mg (4.97%), Vitamin B2: 0.08mg (4.96%), Magnesium: 19.78mg (4.94%), Vitamin B1: 0.07mg (4.62%), Folate: 14.41µg (3.6%), Phosphorus: 32.95mg (3.29%), Vitamin A: 158.92IU (3.18%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.26mg (1.76%)