



WHATSheATE



HEALTH SCORE

50%

Marinara Sauce Over Rotini



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon capers
- ☐ 4 cups rotini pasta hot cooked uncooked
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon olive oil

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons parsley dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

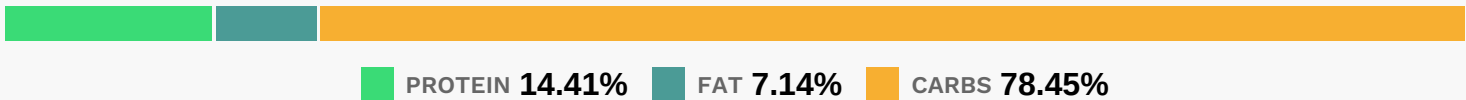
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add onion and garlic, and saut for 2 minutes.
- ☐ Add basil and the next 6 ingredients (basil through tomatoes); bring to a boil. Reduce heat, and simmer for 15 minutes, stirring occasionally. Stir in capers.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:104.02, Glycemic Load:23.38, Inflammation Score:-8, Nutrition Score:19.9421739999289%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 311.64kcal (15.58%), Fat: 2.55g (3.93%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 63.16g (21.05%), Net Carbohydrates: 56.8g (20.65%), Sugar: 12.24g (13.6%), Cholesterol: 0mg (0%), Sodium: 468.64mg (20.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.2%), Selenium: 39.48µg (56.4%), Vitamin K: 54.64µg (52.03%), Manganese: 1.02mg (51.04%), Copper: 0.57mg (28.52%), Vitamin C: 23.32mg (28.26%), Fiber: 6.36g

(25.45%), Potassium: 773.12mg (22.09%), Vitamin B6: 0.43mg (21.69%), Iron: 3.76mg (20.89%), Magnesium: 77.7mg (19.42%), Phosphorus: 188.05mg (18.8%), Vitamin E: 2.79mg (18.61%), Vitamin B3: 3.55mg (17.75%), Vitamin B1: 0.22mg (14.56%), Vitamin A: 708.87IU (14.18%), Folate: 45.92µg (11.48%), Zinc: 1.49mg (9.91%), Calcium: 99.14mg (9.91%), Vitamin B2: 0.15mg (9.07%), Vitamin B5: 0.86mg (8.61%)