



WHATSheATE



Marinara Sauce Over Rotini



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

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

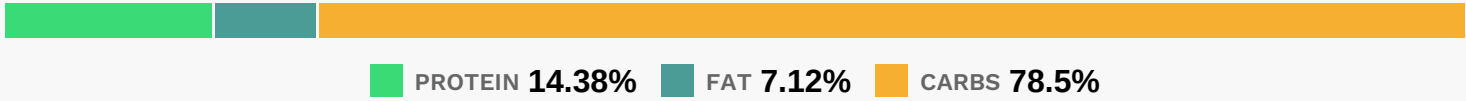
Equipment

- ☐ 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:86.52, Glycemic Load:23.37, Inflammation Score:-8, Nutrition Score:19.628695778225%

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: 311.41kcal (15.57%), Fat: 2.55g (3.92%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 63.13g (21.04%), Net Carbohydrates: 56.79g (20.65%), Sugar: 12.23g (13.59%), Cholesterol: 0mg (0%), Sodium: 468.6mg (20.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Selenium: 39.48µg (56.39%), Manganese: 1.01mg (50.47%), Vitamin K: 50.49µg (48.08%), Copper: 0.57mg (28.33%), Vitamin C: 23.14mg (28.04%), Fiber: 6.35g (25.38%), Potassium: 770.17mg (22%), Vitamin B6: 0.43mg (21.61%), Iron: 3.73mg (20.71%), Magnesium: 77.06mg

(19.26%), Phosphorus: 187.49mg (18.75%), Vitamin E: 2.78mg (18.56%), Vitamin B3: 3.54mg (17.7%), Vitamin B1: 0.22mg (14.54%), Vitamin A: 656.12IU (13.12%), Folate: 45.24µg (11.31%), Zinc: 1.48mg (9.85%), Calcium: 97.37mg (9.74%), Vitamin B2: 0.15mg (9.03%), Vitamin B5: 0.86mg (8.59%)