



Marinara Sauce with Linguine



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



526 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes diced whole undrained canned
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 16 ounces pasta
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 teaspoon sugar

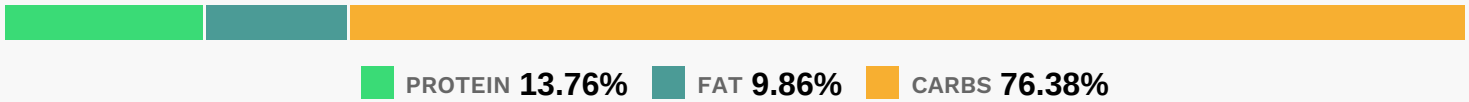
Equipment

- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the garlic and cook until golden but not browned, about 1 minute.
- ☐ Add the tomatoes and their juices, red pepper, oregano, salt, and sugar. Bring to a boil. Reduce heat to medium-low and simmer (crushing the tomatoes with the back of a wooden spoon if using whole tomatoes) until the sauce thickens slightly, about 20 minutes.
- ☐ Remove from heat. Cook the linguine according to the package directions.
- ☐ Drain and divide among individual plates. Spoon the sauce over the top.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:39.09, Inflammation Score:-8, Nutrition Score:23.462608669115%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 525.81kcal (26.29%), Fat: 5.84g (8.98%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 101.71g (33.9%), Net Carbohydrates: 93.88g (34.14%), Sugar: 12.83g (14.25%), Cholesterol: 0mg (0%), Sodium: 852.95mg (37.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.63%), Selenium: 73.35µg (104.79%), Manganese: 1.49mg (74.71%), Copper: 0.71mg (35.32%), Fiber: 7.82g (31.3%), Phosphorus: 283.9mg (28.39%), Magnesium: 102.77mg (25.69%), Vitamin B6: 0.51mg (25.32%), Iron: 4.43mg (24.6%), Potassium: 858.42mg (24.53%), Vitamin C: 19.21mg (23.29%), Vitamin B3: 4.42mg (22.12%), Vitamin E: 3.3mg (21.98%), Vitamin B1: 0.26mg (17.24%), Vitamin K: 17.58µg (16.75%), Zinc: 2.2mg (14.64%), Folate: 48.11µg (12.03%), Calcium: 109.51mg (10.95%), Vitamin B5: 1.07mg (10.66%), Vitamin B2: 0.18mg (10.58%), Vitamin A: 476.75IU (9.54%)