



Marinara Sauce with Olives, Basil, and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



607 kcal

SAUCE

Ingredients

- ☐ 0.5 cup torn basil leaves fresh
- ☐ 28 ounce canned tomatoes diced whole undrained canned
- ☐ 3 ounces feta crumbled
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons oregano dried

- ☐ 16 ounces penne pasta
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 teaspoon sugar

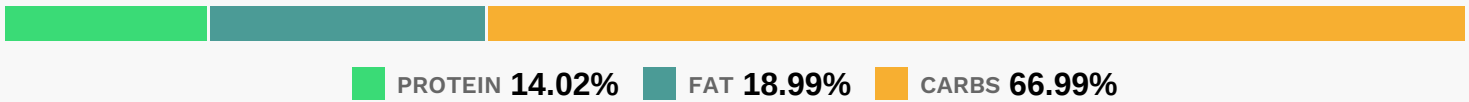
Equipment

- ☐ 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.
- ☐ Add the olives, basil, and Feta and toss.Cook the penne according to the package directions.
- ☐ Drain and divide among individual plates. Spoon the sauce over the top.

Nutrition Facts



Properties

Glycemic Index:70.52, Glycemic Load:39.34, Inflammation Score:-9, Nutrition Score:27.34260896237%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg 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: 607.31kcal (30.37%), Fat: 13.01g (20.01%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 103.26g (34.42%), Net Carbohydrates: 94.83g (34.48%), Sugar: 12.93g (14.36%), Cholesterol: 18.92mg (6.31%), Sodium: 1358.71mg (59.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.21%), Selenium: 76.7µg (109.57%),

Manganese: 1.53mg (76.73%), Copper: 0.75mg (37.25%), Phosphorus: 357.91mg (35.79%), Fiber: 8.43g (33.72%), Vitamin B6: 0.61mg (30.32%), Vitamin K: 30.65µg (29.19%), Magnesium: 110.58mg (27.65%), Vitamin E: 4mg (26.68%), Iron: 4.74mg (26.35%), Potassium: 887.54mg (25.36%), Vitamin C: 19.75mg (23.94%), Vitamin B3: 4.7mg (23.5%), Calcium: 228.42mg (22.84%), Vitamin B2: 0.36mg (21.34%), Vitamin B1: 0.3mg (19.72%), Zinc: 2.84mg (18.93%), Vitamin A: 791.05IU (15.82%), Folate: 57.46µg (14.37%), Vitamin B5: 1.28mg (12.82%), Vitamin B12: 0.36µg (5.99%)