



Marinara Sauce with Spaghetti

READY IN



505 min.

SERVINGS



12

CALORIES



279 kcal

SAUCE

Ingredients

- 58 oz tomatoes diced italian with herbs, undrained organic canned
- 6 oz tomato paste organic canned
- 1 cup onion chopped
- 8 cloves garlic finely chopped
- 1 tablespoon vegetable oil
- 2 teaspoons sugar
- 2 teaspoons basil dried
- 1 teaspoon oregano dried
- 1 teaspoon salt

- 1 teaspoon pepper
- 24 oz pasta like spaghetti uncooked
- 1 serving parmesan shredded

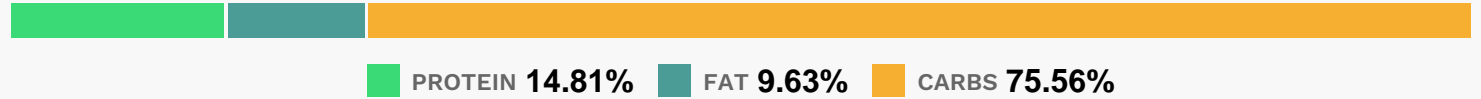
Equipment

- slow cooker

Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix all ingredients except spaghetti and cheese.
- Cover; cook on Low heat setting 8 to 10 hours.
- Cook and drain spaghetti as directed on package.
- Serve sauce over spaghetti.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:26.34, Glycemic Load:20.34, Inflammation Score:-8, Nutrition Score:14.832173848282%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 278.59kcal (13.93%), Fat: 3.02g (4.65%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 53.3g (17.77%), Net Carbohydrates: 48.82g (17.75%), Sugar: 8.13g (9.03%), Cholesterol: 1.7mg (0.57%), Sodium: 357.16mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.9%), Selenium: 37.52µg (53.6%), Manganese: 0.82mg (40.83%), Vitamin C: 23.49mg (28.48%), Vitamin A: 1382.52IU (27.65%), Potassium: 633.45mg (18.1%), Vitamin K: 18.88µg (17.98%), Fiber: 4.48g (17.94%), Phosphorus: 177.05mg (17.71%), Copper: 0.32mg (15.77%), Magnesium: 55.93mg (13.98%), Vitamin B6: 0.27mg (13.41%), Vitamin B3: 2.27mg (11.34%), Vitamin E: 1.56mg (10.43%), Iron:

1.84mg (10.23%), Folate: 36.17 μ g (9.04%), Zinc: 1.26mg (8.37%), Vitamin B1: 0.12mg (8.13%), Calcium: 74.26mg (7.43%), Vitamin B2: 0.1mg (5.83%), Vitamin B5: 0.43mg (4.31%)