

Miller's Marinara



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



12

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons basil dried
- ☐ 2.5 tablespoons garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons oregano dried

- ☐ 2 tablespoons salt
- ☐ 10.8 ounce tomato purée canned
- ☐ 2 tablespoons sugar white

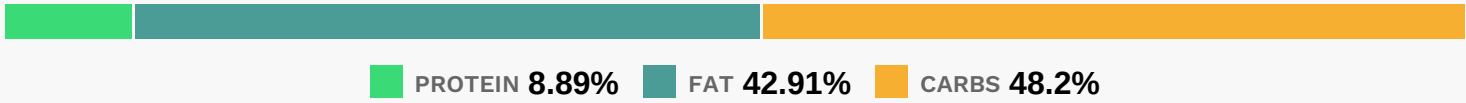
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the canola oil in a skillet over medium heat, and saute the onion until tender.
- ☐ In a slow cooker, mix the onion and remaining oil, crushed tomatoes, tomato sauce, tomato puree, garlic powder, oregano, basil, salt, sugar, and pepper.
- ☐ Cover slow cooker, and cook sauce 8 hours on Low.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:8.1230434334796%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 96.57kcal (4.83%), Fat: 5.08g (7.82%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 9.82g (3.57%), Sugar: 7.17g (7.97%), Cholesterol: 0mg (0%), Sodium: 1375.33mg (59.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin K: 25.91µg (24.67%), Manganese: 0.37mg (18.42%), Vitamin E: 2.47mg (16.49%), Iron: 2.43mg (13.52%), Vitamin C: 10.47mg (12.69%), Fiber: 3.02g (12.07%), Copper: 0.23mg (11.32%), Potassium: 390.37mg (11.15%), Vitamin B6: 0.21mg (10.65%), Magnesium: 30.93mg (7.73%), Vitamin B3: 1.4mg (7.03%), Calcium: 67.65mg (6.77%), Vitamin A: 299.8IU (6%), Vitamin B1: 0.09mg (5.8%), Folate: 20.23µg (5.06%), Phosphorus: 47.54mg (4.75%), Vitamin B2: 0.08mg (4.59%), Vitamin B5: 0.35mg (3.54%), Zinc: 0.43mg (2.87%), Selenium: 1.2µg (1.71%)