

What She Ate

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My Mother's Marinara Sauce



Vegetarian



Gluten Free

READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

381 kcal

SAUCE

Ingredients



1 cup basil leaves washed



56 ounce tomatoes whole peeled canned



3 medium carrots grated peeled



10 cloves garlic peeled halved cut into thin slices



2 teaspoons granulated sugar



4 servings kosher salt



4 tablespoons olive oil extra-virgin



4 servings parmesan freshly grated

- ☐ 2 teaspoons pepper flakes red
- ☐ 4 cups water divided as needed plus more
- ☐ 2 large onions diced yellow peeled halved

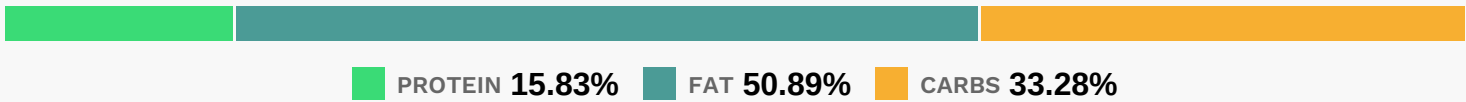
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Add the onions, the garlic, red pepper flakes, and sugar and season with salt, to taste. Stir in the carrots and reseason with salt. Cook for about 2 minutes, and then add canned tomatoes. Use a wooden spoon to break up some of the whole tomatoes and cook over medium heat, stirring from time to time, about 20 minutes. If at any point the veggies or the sauce is getting dry, add some water. Continue cooking another 10 minutes, and then taste for seasoning. The tomatoes should be fairly broken down and the flavors coming together. Cook an additional 10 minutes. The sauce cooks about as long as it takes to make the meatballs from start to finish, about 45 minutes. Stir in the basil leaves and season with Parmesan.

Nutrition Facts



Properties

Glycemic Index:67.73, Glycemic Load:5.4, Inflammation Score:-10, Nutrition Score:28.268260624098%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg

Nutrients (% of daily need)

Calories: 380.66kcal (19.03%), Fat: 22.67g (34.88%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 26.23g (9.54%), Sugar: 17.2g (19.11%), Cholesterol: 20.4mg (6.8%), Sodium: 1306.56mg (56.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.74%), Vitamin A: 8956.83IU (179.14%), Vitamin C: 48.59mg (58.89%), Calcium: 545.46mg (54.55%), Vitamin K: 52.87µg (50.35%), Vitamin B6: 0.74mg (37.21%), Vitamin E: 5.53mg (36.89%), Manganese: 0.69mg (34.28%), Phosphorus: 339.21mg (33.92%), Potassium: 1097.15mg (31.35%), Fiber: 7.13g (28.51%), Iron: 4.96mg (27.57%), Vitamin B2: 0.39mg (22.78%), Copper: 0.43mg (21.35%), Magnesium: 79.42mg (19.86%), Vitamin B3: 3.67mg (18.33%), Vitamin B1: 0.27mg (18.3%), Folate: 61.38µg (15.34%), Selenium: 8.87µg (12.67%), Zinc: 1.82mg (12.14%), Vitamin B5: 0.89mg (8.88%), Vitamin B12: 0.36µg (6%)