

health-score 81%

HEALTH SCORE

Nona's Marinara Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

90 min.

SERVINGS

servings

3

CALORIES

calories

316 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 3 carrots diced peeled
- ☐ 3 servings coarse salt and pepper black freshly ground
- ☐ 1 cup basil leaves fresh
- ☐ 5 cloves garlic
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 1 large onion diced
- ☐ 2 tablespoons freshly picked oregano leaves

☐ 2 tablespoons tomato paste

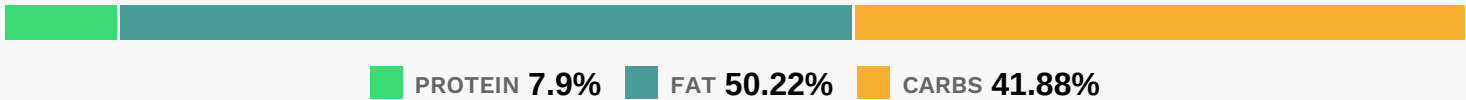
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Peel 5 cloves garlic and place them in a square of foil.
- ☐ Sprinkle the cloves with salt and pepper and drizzle with 2 tablespoons olive oil. Wrap up the foil and place it directly on the oven rack. (Be sure that the foil packet is secure so no oil will leak out.) Roast the garlic until it's brown and tender, about 25 minutes. Allow to cool enough to touch and squeeze the garlic from the skins. Set aside.
- ☐ Saute onions and carrots with the oil in a medium saucepan.
- ☐ Add tomato paste and stir well. This will cook off the tomato paste and give a nice orangy color. Cook for about 10 minutes. When vegetables are softened add the roasted garlic, salt, pepper, basil, oregano and stir together until incorporated.
- ☐ Pour in the tomatoes. Fill the empty can with water and add it to the pan. Bring to a boil then lower the heat to a simmer. Simmer for 1 hour, uncovered. Stir occasionally. Once sauce is ready carefully pour it into the food processor and puree until smooth.

Nutrition Facts



Properties

Glycemic Index:97.94, Glycemic Load:9.68, Inflammation Score:-10, Nutrition Score:28.43826099064%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg

Nutrients (% of daily need)

Calories: 315.92kcal (15.8%), Fat: 19.21g (29.55%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 26.35g (9.58%), Sugar: 18.16g (20.18%), Cholesterol: 0mg (0%), Sodium: 480.01mg (20.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin A: 11402.91IU (228.06%), Vitamin K: 88.5µg (84.29%), Manganese: 1.02mg (51.13%), Vitamin E: 7.45mg (49.66%), Vitamin C: 37.05mg (44.91%), Fiber: 9.7g (38.79%), Potassium: 1238.78mg (35.39%), Vitamin B6: 0.67mg (33.68%), Copper: 0.64mg (31.91%), Iron: 5.72mg (31.79%), Vitamin B3: 4.48mg (22.41%), Magnesium: 85.26mg (21.32%), Calcium: 202.5mg (20.25%), Vitamin B1: 0.29mg (19.12%), Folate: 70.27µg (17.57%), Phosphorus: 146.6mg (14.66%), Vitamin B2: 0.23mg (13.66%), Vitamin B5: 1.06mg (10.57%), Zinc: 1.23mg (8.18%), Selenium: 3.35µg (4.79%)