



Quick Marinara



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 6 basil leaves coarsely chopped
- ☐ 1 bay leaf
- ☐ 56 ounce tomatoes whole drained canned coarsely chopped
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 tablespoons tomato paste

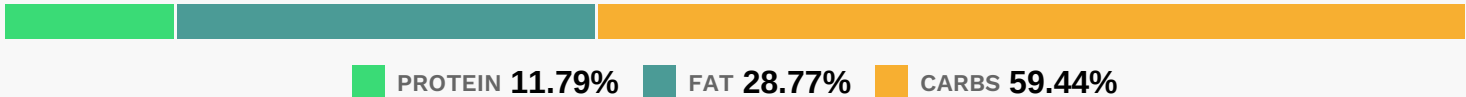
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan heat the oil over a medium heat.
- ☐ Add the garlic and cook until golden brown, about 1 minute.
- ☐ Add the tomatoes, tomato paste, oregano and bay leaf and cook, uncovered, stirring occasionally, until thickened, about 30 minutes. Stir in the basil and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:9.7930434164794%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 74.94kcal (3.75%), Fat: 2.74g (4.22%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 9.57g (3.48%), Sugar: 7.3g (8.11%), Cholesterol: 0mg (0%), Sodium: 441.91mg (19.21%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin C: 26.76mg (32.43%), Vitamin E: 2.55mg (16.97%), Potassium: 589.39mg (16.84%), Iron: 2.99mg (16.6%), Vitamin B6: 0.33mg (16.4%), Manganese: 0.28mg (14%), Vitamin K: 13.9µg (13.24%), Fiber: 3.17g (12.69%), Copper: 0.22mg (10.99%), Vitamin B3: 2.16mg (10.79%), Vitamin B2: 0.16mg (9.48%), Calcium: 93.35mg (9.34%), Vitamin A: 460.01IU (9.2%), Magnesium: 34.06mg (8.52%), Vitamin B1: 0.13mg (8.45%), Phosphorus: 59.34mg (5.93%), Folate: 23.27µg (5.82%), Vitamin B5: 0.33mg (3.35%), Zinc: 0.45mg (2.98%), Selenium: 0.85µg (1.22%)