



Quick Marinara Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



10

CALORIES



79 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 3 tablespoons basil fresh minced
- ☐ 4 garlic clove minced
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons tomato paste

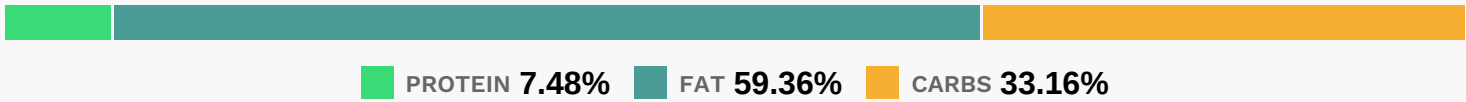
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium heat.
- ☐ Add garlic, and cook, stirring constantly, about 1 minute or until pale golden.
- ☐ Add tomato paste, and cook, stirring constantly, 1 minute.
- ☐ Add crushed tomato, and simmer 10 minutes. Stir in basil.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:2.06, Inflammation Score:-3, Nutrition Score:5.1634782708209%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 79kcal (3.95%), Fat: 5.65g (8.7%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.09g (4.55%), Cholesterol: 0mg (0%), Sodium: 143.04mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Vitamin E: 1.98mg (13.21%), Vitamin C: 8.84mg (10.71%), Vitamin K: 10.52µg (10.01%), Manganese: 0.19mg (9.34%), Copper: 0.17mg (8.43%), Potassium: 287.89mg (8.23%), Vitamin B6: 0.15mg (7.26%), Fiber: 1.74g (6.96%), Iron: 1.24mg (6.91%), Vitamin B3: 1.13mg (5.66%), Vitamin A: 275.62IU (5.51%), Magnesium: 18.58mg (4.64%), Vitamin B1: 0.06mg (4.33%), Calcium: 32mg (3.2%), Phosphorus: 31.56mg (3.16%), Vitamin B2: 0.05mg (2.96%), Folate: 11.34µg (2.83%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.26mg (1.76%), Selenium: 0.9µg (1.29%)