



## Rao's Marinara Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



115 kcal

SAUCE

### Ingredients

- 112 ounce tomatoes whole with basil, preferably from san marzano canned
- 0.5 cup olive oil
- 6 tablespoons onion minced
- 4 cloves garlic minced peeled
- 1 serving salt and pepper freshly ground
- 1 inch oregano dried

### Equipment

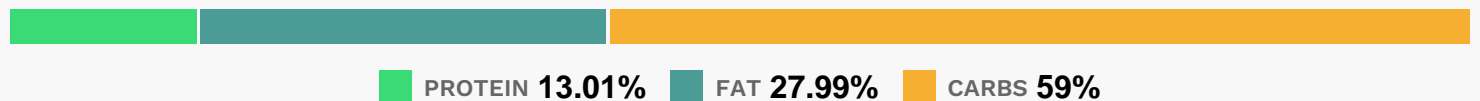
- bowl

sauce pan

## Directions

- Remove tomatoes from can and place in a large bowl, reserving juices. Crush tomatoes using your hands; remove and discard the hard core from stem end, and any skin and tough membrane; set aside.
- Place oil in a large, nonreactive saucepan over medium-low heat.
- Add onion, and cook until soft and just beginning to brown, about 3 minutes. Stir in garlic, and cook until softened, about 30 seconds. Stir in tomatoes and reserved juices; season with salt. Increase heat and bring to a boil. Immediately reduce heat to low and simmer until slightly thickened, about 1 hour.
- Stir in basil, if using, oregano, and season with pepper; continue cooking 1 minute more.
- Remove from heat and serve.

## Nutrition Facts



## Properties

Glycemic Index:14.29, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:18.148695724166%

## Flavonoids

Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

## Nutrients (% of daily need)

Calories: 114.94kcal (5.75%), Fat: 4.01g (6.17%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 13.39g (4.87%), Sugar: 12.31g (13.68%), Cholesterol: 0mg (0%), Sodium: 51.06mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Vitamin C: 63.31mg (76.74%), Vitamin A: 3778.99IU (75.58%), Vitamin K: 37.84µg (36.04%), Potassium: 1094.62mg (31.27%), Manganese: 0.56mg (27.88%), Fiber: 5.63g (22.52%), Vitamin B6: 0.39mg (19.73%), Vitamin E: 2.9mg (19.33%), Folate: 69.75µg (17.44%), Copper: 0.28mg (13.81%), Vitamin B3: 2.72mg (13.58%), Magnesium: 51.22mg (12.81%), Vitamin B1: 0.18mg (11.68%), Phosphorus: 113.99mg (11.4%), Iron: 1.29mg (7.19%), Zinc: 0.81mg (5.37%), Vitamin B2: 0.09mg (5.32%), Calcium: 50.71mg (5.07%), Vitamin B5: 0.42mg (4.25%)