



Rhu's Marinara Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 0.8 cup cooking wine dry red
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 garlic cloves crushed
- ☐ 0.3 cup bell pepper diced green

- ☐ 1 cup mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 6 ounce tomato paste canned
- ☐ 0.8 cup water

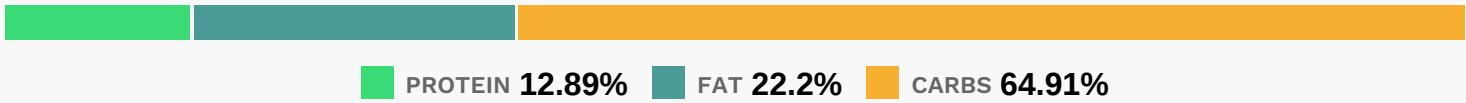
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion, mushrooms, bell pepper, and garlic; saut 5 minutes or until tender.
- ☐ Add remaining ingredients, and bring to a boil. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:5.7, Inflammation Score:-8, Nutrition Score:13.440434738346%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg

Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg
Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 5.78mg, Quercetin: 5.78mg,
Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 127.25kcal (6.36%), Fat: 2.95g (4.53%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 19.38g (6.46%), Net
Carbohydrates: 15.21g (5.53%), Sugar: 10.73g (11.92%), Cholesterol: 0mg (0%), Sodium: 314.71mg (13.68%), Alcohol:
3.15g (100%), Alcohol %: 1.43% (100%), Protein: 3.85g (7.7%), Vitamin K: 56.74µg (54.04%), Vitamin C: 26.37mg
(31.96%), Manganese: 0.46mg (22.75%), Copper: 0.38mg (19.25%), Vitamin B6: 0.35mg (17.49%), Potassium:
608.39mg (17.38%), Fiber: 4.18g (16.7%), Vitamin E: 2.48mg (16.5%), Iron: 2.77mg (15.4%), Vitamin B3: 2.68mg
(13.41%), Vitamin A: 589.91IU (11.8%), Vitamin B1: 0.16mg (10.56%), Magnesium: 41.58mg (10.4%), Vitamin B2: 0.17mg
(9.83%), Folate: 34.6µg (8.65%), Calcium: 81.9mg (8.19%), Phosphorus: 81.44mg (8.14%), Vitamin B5: 0.76mg (7.6%),
Zinc: 0.66mg (4.4%), Selenium: 3.06µg (4.36%)