



Roasted Eggplant Marinara Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



100 kcal

SAUCE

Ingredients

- 0.8 teaspoon chili flakes hot
- 2 teaspoons basil dried
- 2 pounds eggplant rinsed ends trimmed cut into 1/2-inch chunks
- 3 tablespoons garlic minced
- 3 tablespoons olive oil
- 8 oz onion diced peeled ()
- 1.5 teaspoons oregano dried
- 0.3 teaspoon pepper

- 0.3 teaspoon salt
- 1.5 teaspoons sugar
- 84 oz ground tomatoes crushed canned

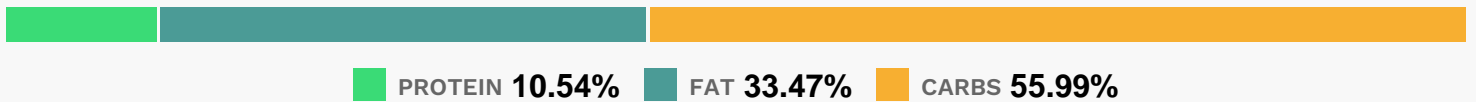
Equipment

- frying pan
- oven
- baking pan

Directions

- In a 12- by 15-inch baking pan, mix eggplant with 2 tablespoons oil, 1 tablespoon garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- Bake in a 400 regular or convection oven, stirring once, until eggplant is browned and soft when pierced, 30 to 35 minutes.
- Pour remaining tablespoon oil into a 5- to 6-quart pan over medium heat. When hot, add onion and remaining 2 tablespoons garlic. Stir frequently until onion is very limp, 5 to 8 minutes.
- Add tomatoes, basil, sugar, oregano, chili flakes, and roasted eggplant. Cover and simmer, stirring occasionally, until tomatoes have broken down slightly and mixture is thick, 35 to 40 minutes.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.34, Glycemic Load:3.62, Inflammation Score:-9, Nutrition Score:11.625652269177%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg

Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 99.53kcal (4.98%), Fat: 4.1g (6.31%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 10.19g (3.71%), Sugar: 9.23g (10.26%), Cholesterol: 0mg (0%), Sodium: 63.3mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Vitamin C: 30.88mg (37.43%), Vitamin A: 1713.79IU (34.28%), Manganese: 0.5mg (24.79%), Vitamin K: 25.15µg (23.95%), Fiber: 5.24g (20.94%), Potassium: 689.63mg (19.7%), Vitamin B6: 0.28mg (13.87%), Vitamin E: 1.92mg (12.8%), Folate: 51.2µg (12.8%), Copper: 0.2mg (9.93%), Magnesium: 36.92mg (9.23%), Vitamin B3: 1.74mg (8.7%), Vitamin B1: 0.12mg (7.77%), Phosphorus: 75.58mg (7.56%), Iron: 1.07mg (5.95%), Vitamin B2: 0.08mg (4.57%), Vitamin B5: 0.43mg (4.3%), Calcium: 43.01mg (4.3%), Zinc: 0.54mg (3.59%)