



WHATSheATE

150 OF
AMERICA'S
FAVORITE
COMFORT
FOODS
ALL UNDER
350 CALORIES



Rocco's How Low Can You Go Low-Fat Marinara Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



13

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 13 servings pepper red crushed
- ☐ 1 large sprig basil fresh
- ☐ 6 garlic clove minced
- ☐ 0.5 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 small piece parmesan
- ☐ 13 servings salt
- ☐ 56 ounce canned tomatoes canned

- ☐ 0.5 cup water
- ☐ 1 large onion yellow cut into small dice

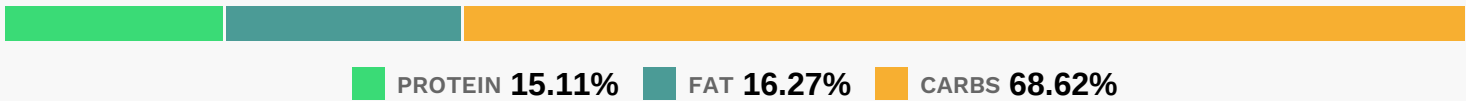
Equipment

- ☐ knife
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium heat. When the pot is hot, add the olive oil.
- ☐ Add the garlic and onion, and season them with salt and crushed red pepper to taste. Cook, stirring occasionally, until the onion and garlic are translucent, about 4 minutes.
- ☐ Add the tomato puree, water, and Parmigiano-Reggiano rind to the pot. Bring to a simmer. Then cover, reduce the heat to low, and simmer for about 25 minutes.
- ☐ With the back of a knife, bruise the basil and stir the sprig into the sauce. Simmer the sauce, uncovered, for 5 minutes. Season with salt and crushed red pepper to taste, if desired.
- ☐ Serve, or store in a covered container in the refrigerator for up to 5 days.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:2.87, Inflammation Score:-6, Nutrition Score:8.0986956625205%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 56.49kcal (2.82%), Fat: 1.21g (1.85%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 8.2g (2.98%), Sugar: 6.02g (6.69%), Cholesterol: 0.05mg (0.02%), Sodium: 390.19mg (16.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin A: 864.63IU (17.29%), Vitamin E: 2.37mg (15.81%), Vitamin C: 12.56mg (15.23%), Manganese: 0.3mg (14.89%), Fiber: 3.24g (12.98%), Vitamin B6: 0.26mg (12.82%), Copper: 0.25mg (12.72%), Potassium: 419.78mg (11.99%), Iron: 1.99mg (11.06%), Vitamin K: 9.62µg (9.16%), Vitamin B3: 1.75mg (8.74%), Magnesium: 29.13mg (7.28%), Vitamin B1: 0.1mg (6.98%), Calcium: 54.86mg (5.49%), Vitamin B2: 0.09mg (5.14%), Phosphorus: 51.16mg (5.12%), Folate: 18.78µg (4.69%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.46mg (3.04%), Selenium: 1.41µg (2.02%)