



Slow-Cooker Marinara



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



540 min.

SERVINGS



12

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup wine dry red (such as cabernet sauvignon)
- ☐ 0.8 cup basil fresh chopped
- ☐ 0.3 cup garlic minced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 3 cups onion chopped
- ☐ 3 tablespoons oregano fresh chopped
- ☐ 5.5 pounds plum tomatoes peeled chopped
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons tomato paste unsalted

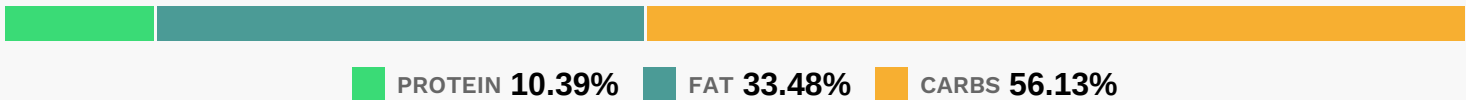
Equipment

- ☐ frying pan
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion and next 5 ingredients (through red pepper); saut 8 minutes.
- ☐ Add tomato paste; cook 2 minutes, stirring frequently.
- ☐ Add wine; cook 2 minutes or until liquid almost evaporates.
- ☐ Combine vegetable mixture and tomatoes in an electric slow cooker. Cover and cook on LOW for 8 hours.
- ☐ Place 3 cups tomato mixture in a blender.
- ☐ Remove center piece of blender lid; secure lid on blender.
- ☐ Place a clean towel over opening in blender lid. Blend until smooth. Return tomato mixture to slow cooker.
- ☐ Add basil, salt, and black pepper. Cook, uncovered, on HIGH 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.15, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:13.196086800617%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

Nutrients (% of daily need)

Calories: 106.92kcal (5.35%), Fat: 4.08g (6.28%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 11.17g (4.06%), Sugar: 8.01g (8.9%), Cholesterol: 0mg (0%), Sodium: 334.26mg (14.53%), Alcohol: 1.05g (100%), Alcohol %: 0.47% (100%), Protein: 2.85g (5.7%), Vitamin A: 3242.07IU (64.84%), Vitamin C: 33.81mg (40.98%), Vitamin K: 35.51µg (33.82%), Manganese: 0.45mg (22.57%), Potassium: 648.25mg (18.52%), Fiber: 4.23g (16.9%), Vitamin B6: 0.29mg (14.29%), Vitamin E: 2.07mg (13.82%), Folate: 46.23µg (11.56%), Copper: 0.18mg (8.85%), Magnesium: 34.67mg (8.67%), Vitamin B3: 1.55mg (7.76%), Iron: 1.35mg (7.5%), Phosphorus: 74.8mg (7.48%), Vitamin B1: 0.11mg (7.44%), Calcium: 63.74mg (6.37%), Vitamin B2: 0.07mg (4.28%), Zinc: 0.55mg (3.63%), Vitamin B5: 0.3mg (3.03%), Selenium: 0.84µg (1.2%)