



Slow-Cooker Marinara Sauce with Mozzarella Cheese Dip

 Vegetarian

READY IN



155 min.

SERVINGS



24

CALORIES



98 kcal

SAUCE

Ingredients

- 2 cups tomatoes (from 26-oz jar)
- 8 oz mozzarella fresh cubed
- 2 tablespoons basil fresh chopped
- 20 oz bread french baguette-style toasted cut into 1/2-inch slices,

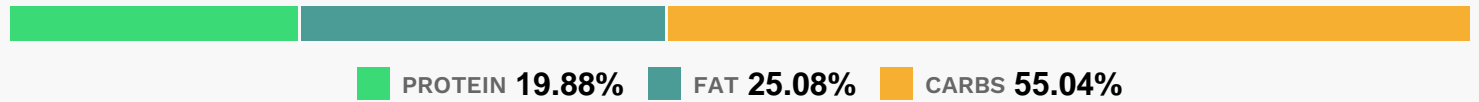
Equipment

- slow cooker

Directions

- Spray 1 1/2-quart slow cooker with cooking spray.
- Pour marinara sauce into cooker.
- Cover; cook on Low heat setting about 2 hours or until hot.
- Stir in cheese and basil. Cover; cook on Low heat setting about 30 minutes longer or until cheese is just starting to melt.
- Serve with baguette slices. Dip can be kept warm on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:9.27, Glycemic Load:9.86, Inflammation Score:-3, Nutrition Score:4.6252174014631%

Nutrients (% of daily need)

Calories: 97.55kcal (4.88%), Fat: 2.75g (4.22%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.73g (4.63%), Sugar: 1.92g (2.13%), Cholesterol: 7.47mg (2.49%), Sodium: 298.25mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Selenium: 8.49µg (12.12%), Vitamin B1: 0.18mg (11.7%), Vitamin B2: 0.14mg (8.3%), Folate: 31.67µg (7.92%), Manganese: 0.15mg (7.52%), Vitamin B3: 1.35mg (6.76%), Iron: 1.17mg (6.48%), Phosphorus: 63.86mg (6.39%), Calcium: 63.16mg (6.32%), Zinc: 0.57mg (3.79%), Vitamin B12: 0.22µg (3.59%), Fiber: 0.83g (3.31%), Vitamin A: 161.08IU (3.22%), Magnesium: 12.62mg (3.15%), Copper: 0.06mg (3.05%), Potassium: 95.95mg (2.74%), Vitamin B6: 0.05mg (2.45%), Vitamin E: 0.36mg (2.42%), Vitamin C: 1.46mg (1.77%), Vitamin K: 1.65µg (1.57%), Vitamin B5: 0.16mg (1.56%)