

Slow Cooker Spinach Marinara Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



136 kcal

SAUCE

Ingredients

- 2 bay leaves
- 4.5 ounce mushrooms drained sliced canned
- 28 ounce canned tomatoes with liquid crushed peeled canned
- 0.3 cup carrots grated
- 2.5 tablespoons pepper red crushed
- 2 tablespoons basil dried
- 10 ounce pkt spinach frozen thawed drained chopped
- 5 cloves garlic minced

- 0.3 cup olive oil
- 1 onion chopped
- 2 tablespoons oregano dried
- 2 tablespoons salt
- 6 ounce tomato paste canned

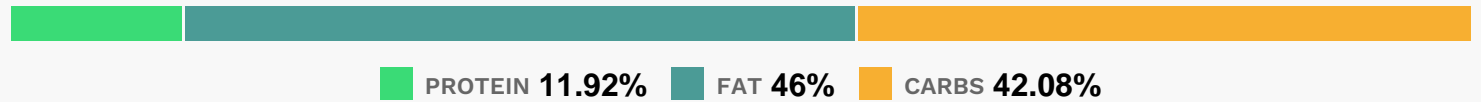
Equipment

- slow cooker

Directions

- In a 5 quart slow cooker, combine olive oil, onion, garlic, carrot, spinach, tomato paste, mushrooms, salt, oregano, basil, crushed red pepper, bay leaves and tomatoes.
- Cover and cook on high for 4 hours. Stir, reduce heat to low and cook for 1 to 2 hours more.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:21.947826176234%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 135.74kcal (6.79%), Fat: 7.82g (12.04%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 10.2g (3.71%), Sugar: 7.01g (7.79%), Cholesterol: 0mg (0%), Sodium: 2043.91mg (88.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin K: 170.62µg (162.5%), Vitamin A: 6077.3IU (121.55%), Manganese: 0.75mg (37.49%), Vitamin E: 4.84mg (32.24%), Iron: 4.29mg (23.85%), Fiber: 5.91g (23.63%), Folate: 79.45µg (19.86%), Vitamin B6: 0.38mg (18.89%), Copper: 0.38mg (18.89%), Vitamin C: 15.02mg (18.2%), Potassium: 632.23mg (18.06%), Magnesium: 69.84mg (17.46%), Calcium: 148.72mg (14.87%), Vitamin B3: 2.38mg (11.93%), Vitamin B2: 0.2mg (11.56%), Vitamin B1: 0.16mg (10.67%), Phosphorus: 87.29mg (8.73%), Selenium: 4.44µg

(6.35%), Zinc: 0.91mg (6.09%), Vitamin B5: 0.58mg (5.82%)