



Slow-Cooker Veggie Marinara

READY IN



260 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz crumbles frozen sausage-style thawed
- ☐ 6 oz mushrooms fresh sliced
- ☐ 1 cup grape tomatoes cut in half
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 6 oz tomato paste organic canned
- ☐ 0.5 cup water
- ☐ 0.3 cup wine dry red
- ☐ 2 tablespoons honey
- ☐ 1.5 teaspoons garlic clove finely chopped

- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon fennel seeds
- ☐ 16 oz bread uncooked
- ☐ 2 tablespoons parmesan shredded

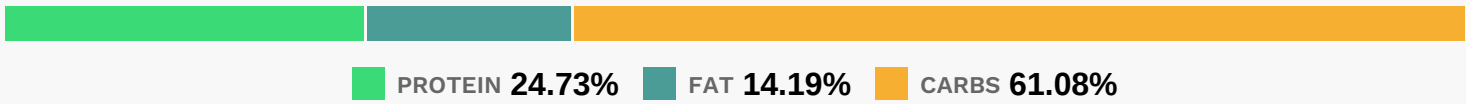
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix all ingredients except spaghetti and Parmesan cheese.
- ☐ Cover; cook on Low heat setting 4 to 5 hours.
- ☐ Cook and drain spaghetti as directed on package.
- ☐ Serve sauce over spaghetti; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:42.12, Glycemic Load:20.77, Inflammation Score:-8, Nutrition Score:26.81652164848%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

0.16mg

Nutrients (% of daily need)

Calories: 290.45kcal (14.52%), Fat: 4.72g (7.26%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 45.72g (15.24%), Net Carbohydrates: 36.87g (13.41%), Sugar: 15.19g (16.87%), Cholesterol: 0.85mg (0.28%), Sodium: 908.41mg (39.5%), Alcohol: 0.79g (100%), Alcohol %: 0.34% (100%), Protein: 18.51g (37.01%), Manganese: 1.53mg (76.63%), Vitamin B12: 3.55µg (59.22%), Vitamin B1: 0.86mg (57.27%), Vitamin B3: 10.25mg (51.26%), Vitamin B6: 0.71mg (35.63%), Fiber: 8.85g (35.41%), Iron: 6.01mg (33.39%), Phosphorus: 289.46mg (28.95%), Selenium: 18.79µg (26.85%), Potassium: 858.22mg (24.52%), Copper: 0.48mg (23.98%), Vitamin B2: 0.36mg (21.16%), Vitamin C: 17.02mg (20.63%), Magnesium: 79.42mg (19.86%), Vitamin E: 2.7mg (17.99%), Calcium: 160.09mg (16.01%), Vitamin K: 16.79µg (15.99%), Vitamin A: 781.59IU (15.63%), Zinc: 2.09mg (13.94%), Folate: 46.64µg (11.66%), Vitamin B5: 1.05mg (10.47%)