



## Slow-Roasted Tomato Marinara



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon basil dried
- ☐ 1 teaspoon basil dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 0.8 cup onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 4 pounds plum tomatoes halved lengthwise
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup water
- ☐ 0.7 cup water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Preheat oven to 25
- ☐ Combine first 5 ingredients in a large bowl, tossing gently to coat. Arrange tomato halves, cut sides up, on a jelly-roll pan coated with cooking spray.
- ☐ Bake tomatoes at 250 for 7 hours.
- ☐ Remove pan from oven.
- ☐ Add 1/3 cup water to pan, scraping pan to loosen browned bits.
- ☐ Place a food mill over a large bowl; spoon tomato mixture into food mill. Press mixture through food mill; keep warm.
- ☐ Heat oil in a saucepan over medium-high heat.
- ☐ Add onion and next 3 ingredients (through garlic); saut 5 minutes or until tender.
- ☐ Add wine; cook 3 minutes or until liquid nearly evaporates. Stir in tomato mixture and 2/3 cup water; bring to a boil. Cover, reduce heat, and simmer 15 minutes, stirring occasionally.
- ☐ Remove from heat; stir in salt and pepper.

## Nutrition Facts



 **PROTEIN 9.44%**  **FAT 39.08%**  **CARBS 51.48%**

## Properties

Glycemic Index:25.26, Glycemic Load:3.79, Inflammation Score:-9, Nutrition Score:10.039999935938%

## 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: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

## Nutrients (% of daily need)

Calories: 96.72kcal (4.84%), Fat: 4.25g (6.53%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 9.43g (3.43%), Sugar: 8.12g (9.02%), Cholesterol: 0mg (0%), Sodium: 159.25mg (6.92%), Alcohol: 1.05g (100%), Alcohol %: 0.46% (100%), Protein: 2.31g (4.61%), Vitamin C: 32.54mg (39.44%), Vitamin A: 1893.71IU (37.87%), Vitamin K: 24.88µg (23.7%), Manganese: 0.33mg (16.64%), Potassium: 572.17mg (16.35%), Fiber: 3.15g (12.61%), Vitamin E: 1.82mg (12.1%), Vitamin B6: 0.22mg (10.89%), Folate: 37.89µg (9.47%), Copper: 0.15mg (7.71%), Magnesium: 29.03mg (7.26%), Vitamin B3: 1.39mg (6.95%), Vitamin B1: 0.09mg (6.24%), Phosphorus: 61.39mg (6.14%), Iron: 0.93mg (5.19%), Calcium: 36.37mg (3.64%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.23mg (2.31%)