



## Smoky Marinara

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



51 kcal

SIDE DISH

## Ingredients

- 2 teaspoons balsamic vinegar
- 28 ounce canned tomatoes crushed undrained canned
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- 0.3 cup basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 3 garlic clove minced
- 1 tablespoon olive oil
- 2 tablespoons oregano dried fresh chopped

0.1 teaspoon pepper

0.1 teaspoon salt

## Equipment

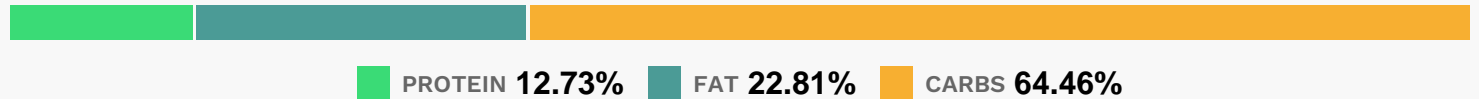
sauce pan

## Directions

Heat oil in a large saucepan over medium heat.

Add garlic, basil, parsley, and oregano; saut 1 minute, stirring frequently. Stir in vinegar and remaining ingredients. Reduce heat, and simmer 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.42, Glycemic Load:1.52, Inflammation Score:-8, Nutrition Score:5.4360868930817%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 51.16kcal (2.56%), Fat: 1.4g (2.15%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 6.73g (2.45%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 214.36mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin K: 22.44µg (21.38%), Vitamin C: 8.51mg (10.31%), Vitamin A: 503.71IU (10.07%), Manganese: 0.19mg (9.29%), Iron: 1.61mg (8.94%), Fiber: 2.17g (8.69%), Vitamin E: 1.16mg (7.71%), Copper: 0.13mg (6.6%), Potassium: 213.72mg (6.11%), Vitamin B6: 0.12mg (5.93%), Calcium: 59.15mg (5.92%), Vitamin B3: 0.87mg (4.33%), Magnesium: 16.46mg (4.11%), Vitamin B1: 0.05mg (3.56%), Folate: 11.95µg (2.99%), Phosphorus: 24.41mg (2.44%), Vitamin B2: 0.04mg (2.39%), Vitamin B5: 0.2mg (2%), Zinc: 0.22mg (1.48%)