



Spaghetti With Marinara Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 1.5 tablespoons capers
- 0.3 teaspoon basil dried
- 2 teaspoons parsley dried
- 1 tablespoon garlic minced
- 1 teaspoon garlic powder
- 0.3 teaspoon ground pepper black

- 0.3 teaspoon oregano dried
- 0.5 teaspoon salt
- 1 pound pasta like spaghetti
- 2 teaspoons sugar white

Equipment

- sauce pan
- pot

Directions

- In a large saucepan combine crushed tomatoes, diced tomatoes, tomato sauce, minced garlic, sugar, parsley, garlic powder, salt, oregano, basil, and ground black pepper.
- Add capers and crushed red pepper if desired. Cover. Bring to a boil.
- Lower heat and simmer, with cover, for 45 to 60 minutes.
- As simmering time nears, in a large pot with boiling salted water cook spaghetti until al dente.
- Toss spaghetti with cooked sauce.
- Serve warm.

Nutrition Facts



PROTEIN 14.51% **FAT 4.29%** **CARBS 81.2%**

Properties

Glycemic Index:33.39, Glycemic Load:19.8, Inflammation Score:-5, Nutrition Score:11.377391421277%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 246.95kcal (12.35%), Fat: 1.19g (1.83%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 50.69g (16.9%), Net Carbohydrates: 46.94g (17.07%), Sugar: 6.7g (7.44%), Cholesterol: 0mg (0%), Sodium: 510.63mg (22.2%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.12%), Selenium: 36.73µg (52.47%), Manganese: 0.71mg (35.47%), Copper: 0.33mg (16.59%), Fiber: 3.75g (15.01%), Phosphorus: 141.57mg (14.16%), Potassium: 447.11mg (12.77%), Magnesium: 49.94mg (12.48%), Vitamin B6: 0.23mg (11.51%), Iron: 2.04mg (11.35%), Vitamin C: 8.86mg (10.74%), Vitamin B3: 2.15mg (10.73%), Vitamin E: 1.5mg (10.03%), Zinc: 1.09mg (7.26%), Vitamin B1: 0.11mg (7.1%), Vitamin A: 344.92IU (6.9%), Vitamin B2: 0.1mg (5.92%), Vitamin K: 6.02µg (5.74%), Folate: 22.52µg (5.63%), Vitamin B5: 0.56mg (5.63%), Calcium: 41.89mg (4.19%)