



HEALTH SCORE

100%

Speedy Marinara Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



10

CALORIES



232 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1.3 cups onion diced
- ☐ 50 ounce roasted garlic spaghetti sauce
- ☐ 10 servings salt and pepper to taste

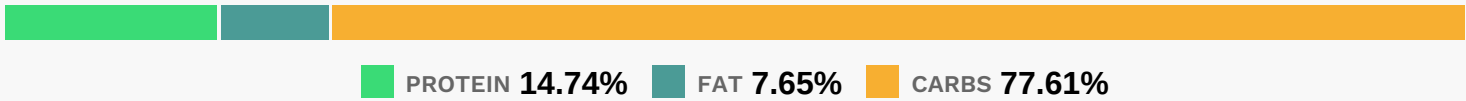
Equipment

- ☐ dutch oven

Directions

- ☐
- Saut onion in hot oil in a Dutch oven 5 minutes; stir in next 3 ingredients. Bring to a boil, stirring occasionally; add salt and pepper to taste. Reduce heat, and simmer, uncovered, 15 minutes.
- ☐
- Note: For testing purposes only, we used 2 (25-ounce) jars Emeril's Roasted Gaaahlic Pasta Sauce.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:13.61, Inflammation Score:-7, Nutrition Score:21.122173765431%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 232.1kcal (11.61%), Fat: 2.14g (3.29%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 48.87g (16.29%), Net Carbohydrates: 45.51g (16.55%), Sugar: 2.28g (2.53%), Cholesterol: 0mg (0%), Sodium: 219.4mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.57%), Manganese: 2.4mg (120.14%), Vitamin B6: 1.78mg (89.17%), Vitamin C: 47.37mg (57.42%), Selenium: 20.23µg (28.9%), Calcium: 263.66mg (26.37%), Vitamin K: 24.67µg (23.5%), Phosphorus: 223.59mg (22.36%), Copper: 0.44mg (21.76%), Vitamin B1: 0.29mg (19.59%), Potassium: 605.49mg (17.3%), Iron: 2.55mg (14.16%), Fiber: 3.36g (13.45%), Zinc: 1.69mg (11.3%), Vitamin B2: 0.16mg (9.58%), Magnesium: 38.3mg (9.57%), Vitamin B5: 0.88mg (8.75%), Vitamin B3: 1.03mg (5.17%), Vitamin A: 135.35IU (2.71%), Folate: 10.15µg (2.54%), Vitamin E: 0.33mg (2.21%)