



The Big Dipper: Simple Marinara Dipping Sauce

 Gluten Free  Dairy Free

READY IN



9 min.

SERVINGS



8

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon pepper flakes red hot
- ☐ 8 servings salt and pepper

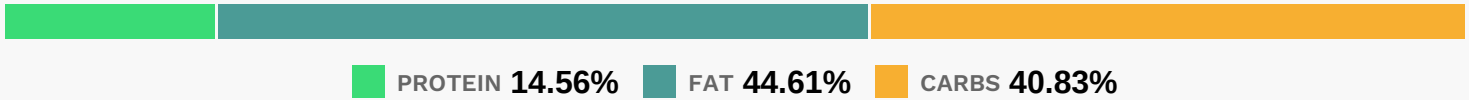
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat a small pot over medium heat.
- ☐ Add extra-virgin olive oil, garlic, pepper flakes and anchovy paste. Cook 2 minutes.
- ☐ Add parsley, tomatoes, salt and pepper. Stir sauce, bring to a bubble and simmer 5 minutes over low heat then place in small bowl and serve.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.2, Inflammation Score:-3, Nutrition Score:3.915217389879%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg 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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 39.24kcal (1.96%), Fat: 2.14g (3.29%), Saturated Fat: 0.31g (1.97%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.37g (2.64%), Cholesterol: 1.7mg (0.57%), Sodium: 341.96mg (14.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin K: 12.6µg (12%), Vitamin E: 1.08mg (7.22%), Vitamin C: 5.91mg (7.16%), Manganese: 0.12mg (6.18%), Copper: 0.11mg (5.54%), Vitamin B3: 1.09mg (5.45%), Vitamin B6: 0.1mg (5.17%), Potassium: 178.84mg (5.11%), Iron: 0.89mg (4.94%), Vitamin A: 231.43IU (4.63%), Fiber: 1.14g (4.55%), Magnesium: 12.92mg (3.23%), Vitamin B1: 0.04mg (2.98%), Selenium: 1.89µg (2.7%), Calcium: 26.4mg (2.64%), Phosphorus: 24.81mg (2.48%), Vitamin B2: 0.04mg (2.29%), Folate: 8.03µg (2.01%), Vitamin B5: 0.18mg (1.77%), Zinc: 0.22mg (1.48%)