

10 Minute Vegan Marinara Sauce

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tomato-marinara-sauce-recipe>

Ingredients:

- 1 tablespoon olive oil
- 4 cloves garlic minced
- 2 tablespoons italian seasoning
- 1 teaspoon red pepper flakes optional
- 15 ounces diced tomatoes
- 25 ounces marinara sauce

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 7 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 730 milligrams
9. Sugar: 19 grams

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