

Lidia's Marinara Sauce

Yield: 3 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/lidia-s-italy-recipe-for-shrimp-scampi>

Ingredients:

- 28 ounces San Marzano tomatoes can whole or crushed
- 7 cloves garlic
- 1/4 cup extra virgin olive oil
- 1/8 teaspoon crushed red pepper or a small dried whole chile
- 1 teaspoon kosher salt
- 1 fresh basil
- 1/4 teaspoon dried oregano

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 13 grams
3. Fat: 18 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 810 milligrams
8. Sugar: 8 grams

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