

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



Delicious Marinara Sauce

Recipe makes: 4 servings (4 cups)

Prep time: 10 minutes

Cooking time: 30 minutes

<i>Nutrition info per serving</i>	<i>1 cup</i>
Calories	161
Carbohydrate	9 g
Protein	2 g
Fat	14 g
Total Sugars	5.5 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Delicious Marinara Sauce

Ingredients:

- 28 oz (840 g) can of tomato puree
- 1 Tbsp (15 g) fresh lemon juice
- ¼ cup (54 g) extra virgin olive oil
- ¼ tsp (0.58 g) black pepper, ground
- 1 tsp (3.2 g) garlic powder
- 1tsp (2.3 g) onion powder
- 2 tsp (1.4 g) dried basil
- 2 tsp (2 g) dried oregano
- 1 tsp (0.53 g) dried parsley
- 1 tsp (6 g) salt

Method:

1. Mix all ingredients in a medium-sized sauce pan.
2. Heat over medium heat until gently bubbling, then turn down heat and simmer for 30 minutes.
3. Stir occasionally.



Innovation in Nutrition

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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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