



Basic Pizza Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



47 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes crushed undrained canned
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons tomato paste

☐ 0.3 cup wine

Equipment

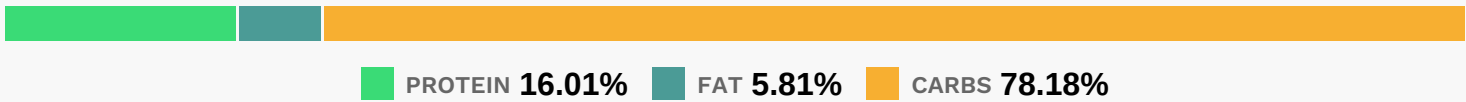
☐ frying pan

☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1/4 cup finely chopped onion to pan; saut 3 minutes or until tender.
- ☐ Add 1 minced garlic clove to pan; saut 30 seconds. Stir in 1/4 cup white wine; cook 30 seconds.
- ☐ Add 2 tablespoons tomato paste, 1 teaspoon dried oregano, 1/8 teaspoon freshly ground black pepper, and 1 (5-ounce) can undrained crushed tomatoes. Reduce heat, and simmer 20 minutes or until thick.
- ☐ Remove from heat; stir in 1 tablespoon chopped fresh basil and 1/2 teaspoon balsamic vinegar. Cool.
- ☐ Add 1/2 teaspoon crushed red pepper with the oregano and black pepper; omit basil.

Nutrition Facts



Properties

Glycemic Index:62.4, Glycemic Load:2.43, Inflammation Score:-6, Nutrition Score:5.6443478180015%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 47.21kcal (2.36%), Fat: 0.29g (0.45%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 160.35mg (6.97%), Alcohol: 1.24g (100%), Alcohol %: 1.42% (100%), Protein: 1.82g (3.63%), Vitamin C: 9.83mg (11.91%), Manganese: 0.24mg (11.79%), Potassium: 335.83mg (9.6%), Vitamin E: 1.38mg (9.21%), Copper: 0.18mg (9.2%), Vitamin K: 9.41µg (8.96%), Fiber: 2.16g (8.65%), Vitamin B6: 0.17mg (8.26%), Iron: 1.49mg (8.26%), Vitamin B3: 1.25mg (6.25%), Vitamin A: 302.75IU (6.06%), Magnesium: 22.76mg (5.69%), Vitamin B1: 0.07mg (4.79%), Calcium: 41.72mg (4.17%), Phosphorus: 38.01mg (3.8%), Folate: 14.34µg (3.59%), Vitamin B2: 0.06mg (3.51%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.31mg (2.08%), Selenium: 0.99µg (1.42%)