



Dad's Ultimate Pizza Sauce

 Gluten Free

READY IN



85 min.

SERVINGS



10

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 1 large bay leaf
- ☐ 1 tablespoon butter
- ☐ 8 ounce tomato sauce canned
- ☐ 0.3 cup celery finely chopped
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon fennel seeds
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 teaspoon ground pepper black

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 0.5 teaspoon sugar white

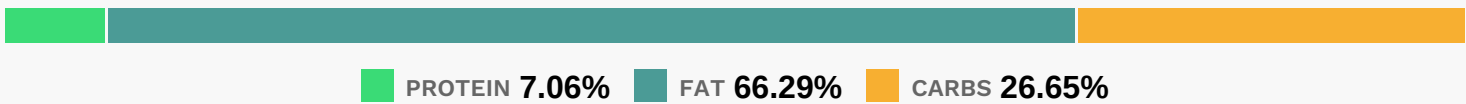
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter with olive oil in a large skillet over medium heat. Cook and stir onion, celery, and garlic in the butter mixture until the onion is soft and translucent, 5 to 7 minutes.
- ☐ Stir tomato sauce and tomato paste into the onion mixture until smooth; add Parmesan cheese, fennel seeds, basil, oregano, salt, sugar, pepper, and bay leaf. Stir the sauce and bring to a slow simmer; cook at a slow simmer for 1 hour.
- ☐ Remove and discard bay leaf before use.

Nutrition Facts



Properties

Glycemic Index:32.91, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:2.901304313589%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 56.04kcal (2.8%), Fat: 4.39g (6.75%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.14g (2.38%), Cholesterol: 3.88mg (1.29%), Sodium: 275.47mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin E: 1.04mg (6.91%), Vitamin K: 7.15µg (6.81%), Manganese: 0.11mg (5.6%), Vitamin C: 3.92mg (4.75%), Fiber: 1.06g (4.24%), Potassium: 147.53mg (4.22%), Vitamin A: 195.23IU (3.9%), Iron: 0.69mg (3.86%), Copper: 0.07mg (3.42%), Vitamin B6: 0.07mg (3.33%), Calcium: 29.49mg (2.95%), Magnesium: 10.42mg (2.6%), Vitamin B3: 0.48mg (2.4%), Phosphorus: 23.03mg (2.3%), Vitamin B2: 0.03mg (2.02%), Folate: 7.6µg (1.9%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.18mg (1.2%)