



Delicious Pizza Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



130 kcal

SAUCE

Ingredients

- ☐ 2 leaves basil chopped
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 3 cloves garlic chopped
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 pinch parmesan cheese grated

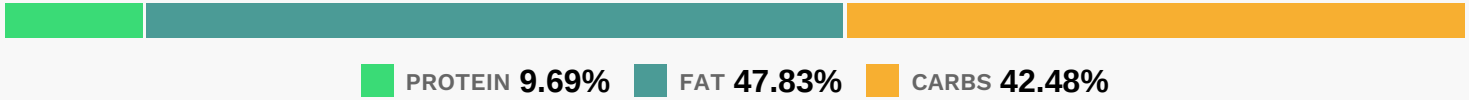
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a saucepan.
- ☐ Pour crushed tomatoes into the saucepan and place over low heat. Stir basil, garlic, salt, and black pepper into the tomatoes; bring to a simmer.
- ☐ Add Parmesan cheese to sauce to serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:4.28, Inflammation Score:-5, Nutrition Score:10.613478383535%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 129.91kcal (6.5%), Fat: 7.64g (11.75%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 11.44g (4.16%), Sugar: 8.76g (9.73%), Cholesterol: 0.22mg (0.07%), Sodium: 266.86mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin E: 3.49mg (23.29%), Vitamin C: 19mg (23.04%), Manganese: 0.41mg (20.35%), Copper: 0.37mg (18.56%), Potassium: 592.07mg (16.92%), Vitamin B6: 0.33mg (16.31%), Fiber: 3.83g (15.31%), Vitamin K: 15.85µg (15.1%), Iron: 2.67mg (14.83%), Vitamin B3: 2.44mg (12.22%), Vitamin B1: 0.15mg (10.23%), Magnesium: 40.54mg (10.14%), Vitamin A: 442.35IU (8.85%), Calcium: 74.38mg (7.44%), Phosphorus: 68.71mg (6.87%), Folate: 26.05µg (6.51%), Vitamin B2: 0.11mg (6.28%), Vitamin B5: 0.57mg (5.67%), Zinc: 0.58mg (3.83%), Selenium: 1.6µg (2.29%)