

Easy Pizza Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



690 kcal

SAUCE

Ingredients

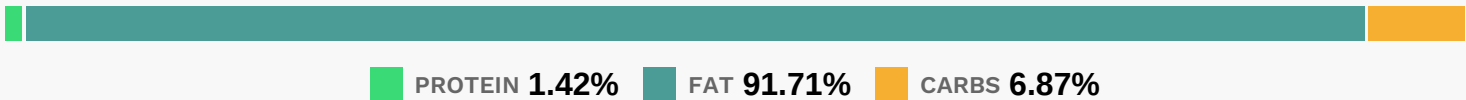
- ☐ 0.5 tablespoon basil leaves fresh chopped
- ☐ 0.5 tablespoon rosemary leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 tablespoon oregano leaves fresh chopped
- ☐ 1 serving salt and pepper
- ☐ 4 ounce tomato paste canned
- ☐ 1.5 cups water

Equipment

Directions

- ☐ Mix together the tomato paste, water, and olive oil.
- ☐ Mix well.
- ☐ Add garlic, salt and pepper, to taste, oregano, basil, and rosemary.
- ☐ Mix well and let stand several hours to let flavors blend. No cooking necessary, just spread on dough.

Nutrition Facts



Properties

Glycemic Index:143, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:14.059130285097%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 689.87kcal (34.49%), Fat: 72.52g (111.57%), Saturated Fat: 10.05g (62.84%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 8.71g (3.17%), Sugar: 5.15g (5.73%), Cholesterol: 0mg (0%), Sodium: 364.6mg (15.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin E: 12.25mg (81.7%), Vitamin K: 69.15µg (65.86%), Manganese: 0.45mg (22.71%), Iron: 3mg (16.66%), Vitamin C: 12.76mg (15.47%), Copper: 0.31mg (15.25%), Fiber: 3.5g (14%), Vitamin B6: 0.28mg (13.78%), Potassium: 398.21mg (11.38%), Calcium: 105.77mg (10.58%), Magnesium: 36.03mg (9.01%), Vitamin B3: 1.56mg (7.81%), Vitamin A: 368.86IU (7.38%), Vitamin B1: 0.1mg (6.81%), Folate: 22.62µg (5.65%), Phosphorus: 50.39mg (5.04%), Vitamin B2: 0.08mg (4.77%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.5mg (3.31%), Selenium: 1.65µg (2.35%)