

Easy Pizza Sauce III



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



11

CALORIES



17 kcal

SAUCE

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 1.5 teaspoons garlic dried minced
- ☐ 1 teaspoon ground paprika
- ☐ 1 tablespoon ground oregano
- ☐ 6 ounce tomato paste canned

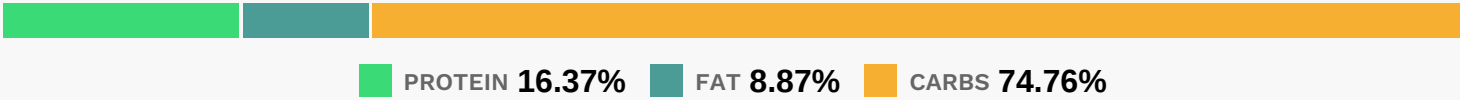
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl,
- ☐ Mix together tomato sauce and tomato paste until smooth. Stir in oregano, garlic and paprika.

Nutrition Facts



Properties

Glycemic Index:9.82, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:2.9082608741263%

Nutrients (% of daily need)

Calories: 17.3kcal (0.86%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.1g (2.34%), Cholesterol: 0mg (0%), Sodium: 204.14mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin A: 297.92IU (5.96%), Vitamin E: 0.89mg (5.92%), Vitamin C: 4.15mg (5.03%), Potassium: 174.88mg (5%), Manganese: 0.1mg (4.96%), Fiber: 1.17g (4.67%), Vitamin K: 4.88µg (4.64%), Iron: 0.8mg (4.45%), Copper: 0.08mg (3.96%), Vitamin B6: 0.08mg (3.82%), Vitamin B3: 0.61mg (3.07%), Magnesium: 10.76mg (2.69%), Vitamin B2: 0.04mg (2.26%), Calcium: 18.67mg (1.87%), Phosphorus: 18.32mg (1.83%), Vitamin B5: 0.17mg (1.74%), Folate: 6.85µg (1.71%), Vitamin B1: 0.02mg (1.6%), Zinc: 0.16mg (1.06%)