



Essanaye's Pizza Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



530 min.

SERVINGS



16

CALORIES



41 kcal

SAUCE

Ingredients

- 1 tablespoon brown sugar to taste
- 28 ounce tomato sauce canned
- 0.5 teaspoon pepper red crushed
- 2 teaspoons basil dried
- 2 teaspoons thyme leaves dried
- 3 cloves garlic minced
- 2 teaspoons penzey's southwest seasoning italian
- 3 tablespoons olive oil

2 teaspoons oregano dried

1 pinch salt

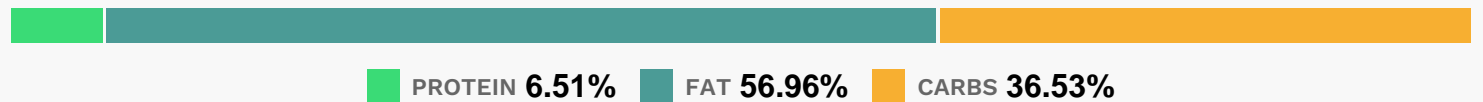
Equipment

sauce pan

Directions

Stir the olive oil, garlic, tomato sauce, red pepper, thyme, Italian seasoning, basil, oregano, salt, and brown sugar together in a saucepan over low heat; simmer, stirring occasionally, for 45 minutes. Refrigerate overnight before using.

Nutrition Facts



Properties

Glycemic Index:5.31, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:3.0952173626941%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 40.94kcal (2.05%), Fat: 2.82g (4.34%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 239.25mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin K: 10.44µg (9.94%), Vitamin E: 1.23mg (8.2%), Manganese: 0.11mg (5.55%), Iron: 0.97mg (5.37%), Vitamin A: 247.59IU (4.95%), Potassium: 162.45mg (4.64%), Vitamin C: 3.72mg (4.51%), Fiber: 1.08g (4.33%), Copper: 0.07mg (3.33%), Vitamin B6: 0.06mg (3.24%), Vitamin B3: 0.54mg (2.7%), Magnesium: 10.26mg (2.56%), Vitamin B2: 0.04mg (2.24%), Calcium: 21.97mg (2.2%), Vitamin B5: 0.16mg (1.64%), Folate: 6.42µg (1.61%), Phosphorus: 15.81mg (1.58%)