



Hearty Aubergine Pizza Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



63 kcal

SAUCE

Ingredients

- ☐ 1 small aubergine chopped
- ☐ 3 sprigs thyme leaves fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 4 servings grinding of pepper black good freshly ground
- ☐ 1 tbsp rapeseed oil cold pressed
- ☐ 1 jar così com'è datterino tomatoes red tinned (or tomatoes in juice)

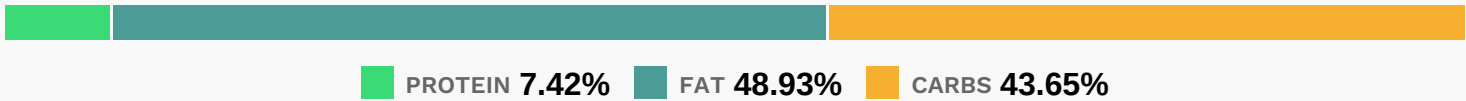
Equipment

- ☐ wok

Directions

- ☐ Heat the rapeseed oil in a wok, then add the aubergine and cook for a few minutes until they start to soften.
- ☐ Add the garlic and toss through the aubergine.
- ☐ Break the tomatoes down a little with you hands and add to the aubergines, along with the juice.
- ☐ Add the thyme (scrap the leaves from their stalks and add them) and season with black pepper. Cook for a couple of minutes, then taste to check the seasoning. If you are using tinned tomatoes, you may want to add a pinch of sugar as they can be a little bitter.
- ☐ Spread on pizza dough or toss through freshly cooked pasta.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:4.4239129786906%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 62.85kcal (3.14%), Fat: 3.73g (5.74%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 3.89g (1.41%), Sugar: 4.06g (4.52%), Cholesterol: 0mg (0%), Sodium: 2.64mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Manganese: 0.32mg (15.83%), Fiber: 3.6g (14.4%), Potassium: 274.71mg (7.85%), Folate: 25.63µg (6.41%), Vitamin E: 0.96mg (6.4%), Vitamin K: 6.71µg (6.39%), Vitamin B6: 0.12mg (5.89%), Copper: 0.1mg (5.14%), Vitamin C: 4.22mg (5.12%), Magnesium: 17.8mg (4.45%), Vitamin B3: 0.77mg (3.85%), Vitamin B5: 0.34mg (3.35%), Vitamin B1: 0.05mg (3.21%), Phosphorus: 30.79mg (3.08%), Vitamin B2: 0.05mg (2.81%), Iron: 0.43mg (2.39%), Calcium: 16.53mg (1.65%), Zinc: 0.22mg (1.44%), Vitamin A: 64.73IU (1.29%)