



Homemade Pizza Dough and Sauce - The Italiana Choice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



12

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp basil dried
- ☐ 2 tbsp olive oil extra virgin
- ☐ 2 cloves garlic crushed
- ☐ 1 tsp oregano dried
- ☐ 350 g passata
- ☐ 12 servings grinding of salt and pepper good
- ☐ 150 g tomato purée

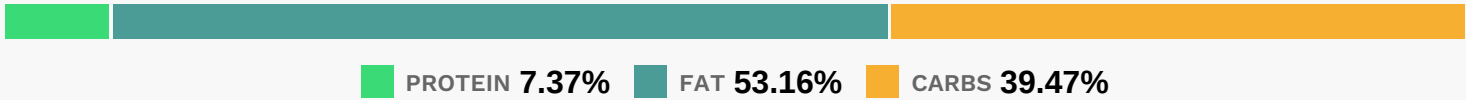
Equipment

☐ bowl

Directions

- ☐ Throw all the ingredients into a bowl.
- ☐ Stir until well combined.
- ☐ Cover and set aside for 30 minutes, to give the flavours time to develop.
- ☐ Spread onto pizza bases before adding mozzarella and other toppings.
- ☐ Can be frozen.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:2.9826086837312%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 37.87kcal (1.89%), Fat: 2.43g (3.75%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.16g (1.15%), Sugar: 2.03g (2.25%), Cholesterol: 0mg (0%), Sodium: 205.71mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin E: 1.2mg (7.98%), Copper: 0.12mg (6.23%), Vitamin C: 4.58mg (5.55%), Vitamin K: 5.76µg (5.49%), Potassium: 189.94mg (5.43%), Iron: 0.92mg (5.14%), Manganese: 0.1mg (4.91%), Vitamin A: 215.96IU (4.32%), Fiber: 0.91g (3.64%), Vitamin B3: 0.63mg (3.14%), Vitamin B6: 0.06mg (3.09%), Magnesium: 10.95mg (2.74%), Vitamin B2: 0.04mg (2.12%), Vitamin B5: 0.19mg (1.89%), Phosphorus: 17.97mg (1.8%), Calcium: 13.56mg (1.36%), Folate: 5.32µg (1.33%), Zinc: 0.17mg (1.12%)