



## Homemade Pizza Sauce Made Lighter

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



97 kcal

SAUCE

### Ingredients

- 28 ounce canned tomatoes crushed canned
- 0.3 cup carrots coarsely chopped
- 1 teaspoon basil dried
- 6 cloves garlic peeled
- 3 tablespoons olive oil
- 0.5 teaspoon pepper flakes red
- 1 tablespoon herb seasoning dried italian
- 29 ounce tomato purée canned

## Equipment

- food processor
- sauce pan

## Directions

- Place green bell pepper, carrot, and garlic cloves into a food processor and pulse a few times until the vegetables are very finely chopped.
- Transfer chopped vegetables into a large saucepan. Stir in tomato puree, crushed tomatoes, Italian seasoning, basil, and red pepper flakes; bring to a boil. Reduce heat to low and simmer uncovered until sauce has thickened, about 30 minutes. Stir in olive oil and simmer 1 to 2 more minutes. Sauce may be refrigerated up to 1 week.

## Nutrition Facts

**PROTEIN 10.8%** **FAT 38.94%** **CARBS 50.26%**

## Properties

Glycemic Index:15.78, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:10.485652192779%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 97.26kcal (4.86%), Fat: 4.75g (7.31%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 9.9g (3.6%), Sugar: 7.35g (8.17%), Cholesterol: 0mg (0%), Sodium: 217.99mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Vitamin K: 22.56µg (21.48%), Manganese: 0.42mg (20.78%), Vitamin E: 2.97mg (19.77%), Vitamin C: 15.65mg (18.97%), Vitamin A: 937.72IU (18.75%), Copper: 0.31mg (15.75%), Iron: 2.82mg (15.64%), Fiber: 3.9g (15.59%), Potassium: 514.18mg (14.69%), Vitamin B6: 0.29mg (14.4%), Vitamin B3: 2.1mg (10.52%), Magnesium: 38mg (9.5%), Vitamin B1: 0.13mg (8.66%), Calcium: 85.48mg (8.55%), Folate: 25.51µg (6.38%), Phosphorus: 58.35mg (5.83%), Vitamin B2: 0.1mg (5.75%), Vitamin B5: 0.48mg (4.84%), Zinc: 0.52mg (3.44%), Selenium: 1.32µg (1.88%)