



New York-Style Pizza Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



34 kcal

SAUCE

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 teaspoons oregano dried
- ☐ 1.5 teaspoons sugar
- ☐ 6 ounce canned tomatoes canned
- ☐ 7 tablespoons water

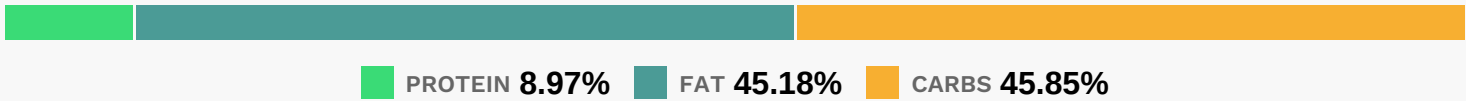
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine all ingredients in a medium bowl; stir with a whisk.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:1.37, Inflammation Score:-4, Nutrition Score:2.9043478032817%

Nutrients (% of daily need)

Calories: 34.23kcal (1.71%), Fat: 1.9g (2.93%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.28g (1.19%), Sugar: 2.65g (2.94%), Cholesterol: 0mg (0%), Sodium: 64.54mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin K: 7.08µg (6.74%), Vitamin E: 0.92mg (6.14%), Manganese: 0.11mg (5.66%), Vitamin C: 4.6mg (5.58%), Copper: 0.09mg (4.71%), Iron: 0.78mg (4.32%), Fiber: 1.07g (4.29%), Potassium: 148.11mg (4.23%), Vitamin B6: 0.08mg (3.99%), Vitamin B3: 0.61mg (3.06%), Magnesium: 10.95mg (2.74%), Vitamin A: 127.4IU (2.55%), Vitamin B1: 0.04mg (2.5%), Calcium: 23.12mg (2.31%), Folate: 7.32µg (1.83%), Phosphorus: 16.56mg (1.66%), Vitamin B2: 0.03mg (1.62%), Vitamin B5: 0.14mg (1.4%)