



WHATSheATE



Pizza Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



16

CALORIES



32 kcal

SAUCE

Ingredients



0.5 teaspoon pepper black freshly ground



28 ounce canned tomatoes diced drained canned



1 teaspoon kosher salt



2 tablespoons olive oil extra-virgin



1 teaspoon oregano dried

Equipment



food processor

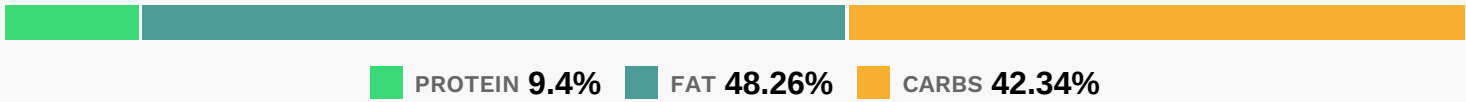


blender

Directions

- ☐ Place all ingredients in a blender or food processor; process until you reach the desired consistency.
- ☐ Kids Can Help: Kids can make this all by themselves with an adult keeping an eye on them. Open the tomatoes and drain them, and then let the kids do the rest.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:2.679999983829%

Nutrients (% of daily need)

Calories: 31.83kcal (1.59%), Fat: 1.9g (2.92%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 2.73g (0.99%), Sugar: 2.19g (2.43%), Cholesterol: 0mg (0%), Sodium: 210.91mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin E: 0.9mg (5.97%), Vitamin C: 4.57mg (5.54%), Manganese: 0.11mg (5.27%), Copper: 0.09mg (4.63%), Vitamin K: 4.56µg (4.35%), Potassium: 147.82mg (4.22%), Fiber: 1.01g (4.05%), Iron: 0.71mg (3.93%), Vitamin B6: 0.08mg (3.8%), Vitamin B3: 0.61mg (3.06%), Magnesium: 10.37mg (2.59%), Vitamin B1: 0.04mg (2.5%), Vitamin A: 109.13IU (2.18%), Calcium: 19.25mg (1.92%), Folate: 6.76µg (1.69%), Phosphorus: 16.16mg (1.62%), Vitamin B2: 0.03mg (1.56%), Vitamin B5: 0.14mg (1.4%)