



Pizza Sauce I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



77 kcal

SAUCE

Ingredients

- 1 tablespoon basil fresh chopped
- 1 teaspoon parsley fresh chopped
- 1 clove garlic
- 1 pinch ground cinnamon
- 1 pinch ground pepper black
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 1 teaspoon salt

- 2 tomatoes ripe
- 0.3 teaspoon sugar white

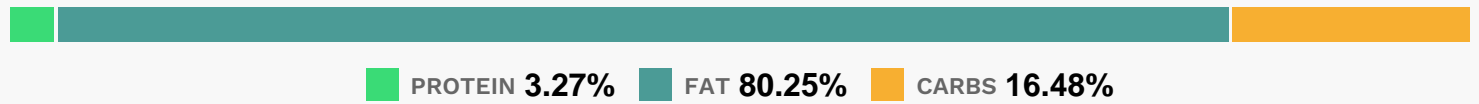
Equipment

- food processor

Directions

- In a food processor, combine the tomatoes, garlic, basil, cinnamon, salt, pepper, sugar, oregano, oil and parsley. Blend without liquifying – should remain a little chunky.

Nutrition Facts



Properties

Glycemic Index:70.52, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:3.593478259833%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 76.67kcal (3.83%), Fat: 7.15g (11.01%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.9g (2.11%), Cholesterol: 0mg (0%), Sodium: 584.88mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin K: 14.74µg (14.03%), Vitamin A: 549.63IU (10.99%), Vitamin C: 8.8mg (10.66%), Vitamin E: 1.44mg (9.58%), Manganese: 0.13mg (6.34%), Potassium: 157.42mg (4.5%), Fiber: 1.01g (4.03%), Vitamin B6: 0.06mg (3.23%), Folate: 10.82µg (2.7%), Iron: 0.43mg (2.39%), Copper: 0.04mg (2.23%), Magnesium: 8.72mg (2.18%), Vitamin B3: 0.4mg (2%), Calcium: 17.46mg (1.75%), Phosphorus: 17.01mg (1.7%), Vitamin B1: 0.03mg (1.69%)