



Pizza Sauce II

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



223 kcal

SAUCE

Ingredients

- 30 ounce tomato sauce canned
- 2 cloves garlic minced
- 0.3 cup olive oil
- 1 cup onion minced
- 0.3 teaspoon onion powder
- 2 tablespoons oregano dried
- 12 ounce canned tomatoes canned

Equipment

sauce pan

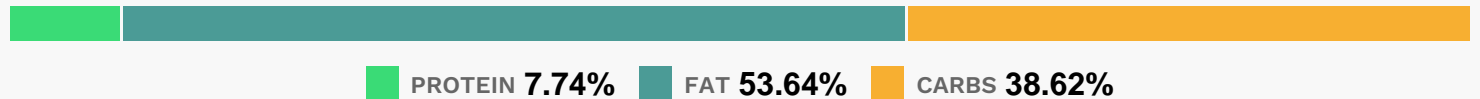
Directions

Heat oil in a medium saucepan over medium heat.

Saute onion, onion powder, garlic and oregano until clear. Stir in tomato paste and tomato sauce; reduce heat to low and simmer for 15 minutes.

Let cool and spread over prepared pizza crust.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:6.39, Inflammation Score:-10, Nutrition Score:16.783478197844%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 222.87kcal (11.14%), Fat: 14.53g (22.36%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 16.95g (6.16%), Sugar: 13.13g (14.59%), Cholesterol: 0mg (0%), Sodium: 1122.93mg (48.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin E: 6.53mg (43.57%), Vitamin K: 34.32µg (32.69%), Vitamin C: 26.22mg (31.79%), Manganese: 0.59mg (29.31%), Potassium: 977.96mg (27.94%), Fiber: 6.6g (26.39%), Iron: 4.26mg (23.65%), Vitamin A: 1146.97IU (22.94%), Copper: 0.44mg (21.84%), Vitamin B6: 0.43mg (21.48%), Vitamin B3: 3.32mg (16.6%), Magnesium: 60.17mg (15.04%), Vitamin B2: 0.21mg (12.25%), Calcium: 111.14mg (11.11%), Folate: 43.84µg (10.96%), Phosphorus: 102.62mg (10.26%), Vitamin B5: 0.98mg (9.76%), Vitamin B1: 0.14mg (9.41%), Zinc: 0.86mg (5.7%), Selenium: 2.33µg (3.33%)