



Quick Pizza Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



41 kcal

SAUCE

Ingredients

- ☐ 1 can canned tomatoes diced chopped (14 oz.) (including juices)
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 0.5 teaspoon garlic chopped
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1.5 teaspoons oregano dried
- ☐ 1.5 teaspoons sugar
- ☐ 6 oz tomato paste canned

Equipment

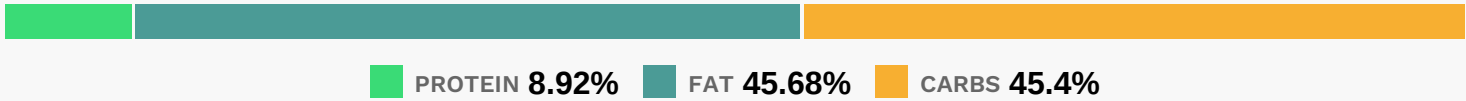
☐

bowl

Directions

- ☐ In a bowl, mix 1 can (14 oz., or 1 3/4 cups) chopped or diced tomatoes (including juices), 1 can (6 oz.) tomato paste, 2 tablespoons chopped fresh basil leaves or 2 teaspoons dried basil, 1 1/2 tablespoons extra-virgin olive oil, 1 1/2 teaspoons dried oregano, 1 1/2 teaspoons sugar, and 1/2 teaspoon chopped garlic.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:1.63, Inflammation Score:-4, Nutrition Score:3.3734782856444%

Nutrients (% of daily need)

Calories: 40.58kcal (2.03%), Fat: 2.28g (3.51%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 3.86g (1.4%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 76.87mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin K: 7.87µg (7.5%), Vitamin E: 1.09mg (7.25%), Vitamin C: 5.47mg (6.63%), Manganese: 0.13mg (6.42%), Copper: 0.11mg (5.51%), Potassium: 175.86mg (5.02%), Iron: 0.89mg (4.96%), Fiber: 1.24g (4.96%), Vitamin B6: 0.09mg (4.64%), Vitamin B3: 0.73mg (3.64%), Magnesium: 12.73mg (3.18%), Vitamin A: 151.15IU (3.02%), Vitamin B1: 0.04mg (2.97%), Calcium: 25.55mg (2.56%), Folate: 8.54µg (2.14%), Phosphorus: 19.49mg (1.95%), Vitamin B2: 0.03mg (1.9%), Vitamin B5: 0.17mg (1.66%), Zinc: 0.17mg (1.13%)