



Ripe Tomato Pizza Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon garlic minced
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 tablespoon oregano leaves fresh chopped
- 0.3 teaspoon chile flakes red
- 1 teaspoon sugar
- 4 large tomatoes red chopped (2 lbs. total)

Equipment

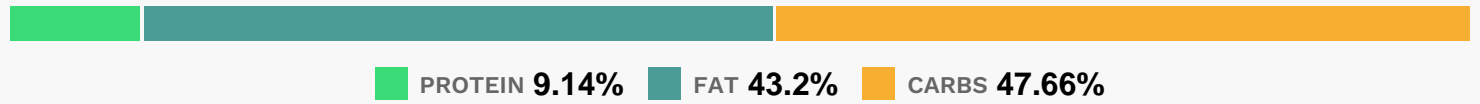
sauce pan

Directions

Heat oil in a saucepan over medium heat.

Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in tomatoes, sugar, chile flakes, salt, and pepper. Bring mixture to a boil, then reduce heat to low and simmer, stirring often, until very thick, about 1 1/2 hours. Stir in oregano.

Nutrition Facts



Properties

Glycemic Index:43.77, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:8.800869565943%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 74.82kcal (3.74%), Fat: 3.96g (6.09%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 302.62mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin A: 1575.93IU (31.52%), Vitamin C: 25.59mg (31.02%), Vitamin K: 24.83µg (23.65%), Manganese: 0.34mg (16.9%), Potassium: 460.98mg (13.17%), Vitamin E: 1.77mg (11.78%), Fiber: 2.86g (11.46%), Vitamin B6: 0.19mg (9.34%), Folate: 30.4µg (7.6%), Copper: 0.13mg (6.31%), Magnesium: 24.52mg (6.13%), Iron: 1.05mg (5.85%), Vitamin B3: 1.17mg (5.85%), Vitamin B1: 0.07mg (4.94%), Phosphorus: 49.36mg (4.94%), Calcium: 43.53mg (4.35%), Vitamin B2: 0.05mg (2.66%), Zinc: 0.38mg (2.5%), Vitamin B5: 0.19mg (1.9%)