

Tracy Ann's Favorite Pizza Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



16

CALORIES



35 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon garlic salt
- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 teaspoons pepper flakes red
- ☐ 6 ounce tomato paste canned
- ☐ 1 cup water

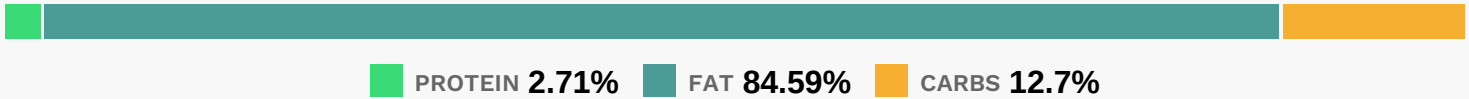
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Mix water, tomato paste, and olive oil together in a bowl. Stir garlic, Italian seasoning, red pepper flakes, and garlic salt into tomato mixture. Cover bowl with plastic wrap and refrigerate for flavors to blend, 8 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.1304347748342%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 35.01kcal (1.75%), Fat: 3.44g (5.3%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.49g (0.55%), Cholesterol: 0mg (0%), Sodium: 163.39mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin E: 0.73mg (4.83%), Vitamin K: 3.97µg (3.78%), Manganese: 0.04mg (2.04%), Vitamin A: 81.68IU (1.63%), Iron: 0.27mg (1.49%), Fiber: 0.36g (1.43%), Vitamin B6: 0.03mg (1.4%), Vitamin C: 1.14mg (1.38%), Copper: 0.03mg (1.32%), Potassium: 39.24mg (1.12%)