



Whizz Bang Pizza Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



16

CALORIES



27 kcal

SAUCE

Ingredients

- 1 tsp balsamic vinegar
- 0.5 tsp chilli powder
- 1 tsp basil dried
- 2 garlic cloves
- 2 tbsp olive oil
- 1 tsp oregano dried
- 16 servings grinding of salt and pepper black good
- 1 tsp sugar

- 3 tbsp tomato purée
- 400 g tomatoes chopped canned tinned

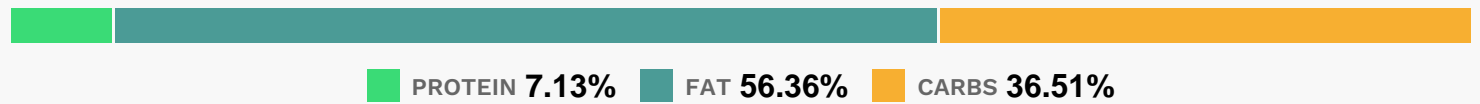
Equipment

- oven
- blender

Directions

- Gather your ingredients.
- Whizz in a blender until smooth.
- Spoon onto your pizza bases.
- Add toppings.
- Bake.
- Enjoy!

Nutrition Facts



Properties

Glycemic Index:12.07, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:1.8760869710342%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 27.21kcal (1.36%), Fat: 1.85g (2.85%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.05g (0.74%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 229.29mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin E: 0.69mg (4.57%), Vitamin K: 4.78µg (4.55%), Manganese: 0.07mg (3.68%), Vitamin C: 2.74mg (3.32%), Iron: 0.53mg (2.96%), Copper: 0.06mg (2.96%), Potassium: 93.72mg (2.68%), Fiber: 0.65g (2.6%), Vitamin B6: 0.05mg (2.5%), Vitamin A: 96.67IU (1.93%), Vitamin B3: 0.37mg (1.86%), Magnesium: 6.88mg (1.72%), Calcium: 13.98mg (1.4%), Vitamin B1: 0.02mg (1.38%), Vitamin B2: 0.02mg (1.08%), Phosphorus: 10.5mg (1.05%), Folate: 4.15µg (1.04%)