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Pizza Sauce

A delicious sauce used as a base for pizza toppings. It is made with fresh tomatoes, herbs, and spices.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

1000 g	Tomatoes
4 cloves	garlic
2 tbsp	olive oil
10 g	Basil
5 g	Oregano
1 tsp	Salt

1 tsp Sugar

Directions

Step 1

Blanching

Blanch the tomatoes in boiling water for 1 minute. Remove and place in ice water. Peel off the skins and chop the tomatoes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a pan. Add minced garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Simmering

Add the chopped tomatoes, basil, oregano, salt, and sugar to the pan. Simmer for 30 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 30 mins

Step 4

Blending

Remove from heat and let the sauce cool. Blend the sauce until smooth using a blender or food processor.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 3 g

Protein: 2 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	300 iu	33.33%	42.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	30 mg	3%	3%
Iron	1 mg	12.5%	5.56%
Potassium	250 mg	7.35%	9.62%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Italian

Chinese

Middle Eastern

Course

Salads

Sauces & Dressings

Appetizers

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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