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Low FODMAP Pizza Sauce



Our Low FODMAP Pizza Sauce takes about 5 minutes to make and features canned tomatoes, a little dried basil and oregano, and FreeFod Garlic Replacer. Stir them all together and you are done.

Low FODMAP Serving Size Info: Makes about 3 cups (720 ml); serving size approx. 1/4 cup (60 ml); 12 servings

Course: Sauce
Cuisine: American & Italian

Prep Time: 5 minutes
Cook Time: 0 minutes
Total Time: 5 minutes

Makes: 12 Servings
Calories: 15 kcal
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Ingredients:

- 1, 28- ounce (794 g) can of either whole peeled tomatoes in juice or purée, or puréed/crushed tomatoes
- ½ teaspoon dried basil
- ¼ teaspoon FreeFod Garlic Replacer
- ¼ teaspoon dried oregano

Preparation:

1. **Using Whole Tomatoes Packed In Juice:** Drain the juice and reserve. Pulse canned tomatoes briefly in blender or with immersion blender or press through a food mill fitted with a coarse screen (which is my preference as it will also remove stray peels and seeds). Add juice back in if needed for desired texture.
2. **Using Whole Tomatoes In Purée:** Pulse canned tomatoes with purée briefly in blender or with immersion blender or press through a food mill fitted with a coarse screen (which is my preference as it will also remove stray peels and seeds). Note that you can drain the purée and reserve it as mentioned above, but most pizza makers use everything in the can.
3. **Using Purée or Crushed:** These are ready to go right from the can.
4. Stir together you chosen tomato product, the basil, FreeFod Garlic Replacer and oregano. That's it. You can use it right away, but I like to make it early in the day I am going to make pizza and allow it to sit at a cool room temperature.
5. You may refrigerate in an airtight container for up to 2 days. It will last longer but flavors begin to change. You could freeze it, but I think it gets watery and because it is so quick and easy to make, I highly suggest making when you need it.

Notes:

FODMAP Information

Our recipes are based on Monash University and FODMAP Friendly science.

- **Canned Tomatoes:** Monash University has lab tested canned tomatoes and they are low FODMAP at 92 g or 3.2-ounces, which they say is about 3/5 of a cup. Moderate FODMAPs kick in at about 3/4 cup or 115 g, at which point fructose can become an issue.

Please always refer to the Monash University & FODMAP Friendly smartphone apps for the most up-to-date lab tested information. As always, your tolerance is what counts; please eat accordingly. The ultimate goal of the low FODMAP diet is to eat as broadly as possible, without triggering symptoms, for the healthiest microbiome.

Nutrition Facts

Low FODMAP Pizza Sauce

Amount Per Serving

Calories 15

Calories from Fat 9

% Daily Value*

Fat 1g	2%
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Saturated Fat 1g	5%
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Sodium 1mg	0%
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Potassium 1mg	0%
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Carbohydrates 4g	1%
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Fiber 1g	4%
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Sugar 1g	1%
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Protein 1g	2%
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Vitamin A 1IU	0%
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Calcium 1mg	0%
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Iron 1mg	6%
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* Percent Daily Values are based on a 2000 calorie diet.