



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 24th, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegars

Red Pizza Sauce

Makes enough for 2 pizzas

Ingredients:

- 1 can Crushed Tomatoes (28 oz.)
- Pinch Pepper
- 2 tsp. D'Avolio Olio Fresco Seasonings
- 2 Tbsp. D'Avolio Extra Virgin Olive Oil

Nutrition Facts			
Serving Size: 1 serving (29.2g)			
Servings: 16			
Amount Per Serving			
Calories 25	Calories from Fat 15		
% Daily Value*			
Total Fat 2g	3%		
Saturated Fat 0g	1%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 70mg	3%		
Total Carbohydrate 2g	1%		
Dietary Fiber less than 1g	2%		
Sugars 0g			
Protein 0g			
Vitamin A 4%	• Vitamin C 8%		
Calcium 0%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Directions:

Combine all ingredients and stir well. Spread sauce evenly on pizza crust, top with desired toppings and bake.

