



COLOMBIAN TOMATO AND ONION SAUCE (HOGAO)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 cup scallions chopped
- ☐ 2 cups tomatoes fresh chopped
- ☐ 3 tablespoons vegetable oil

Equipment

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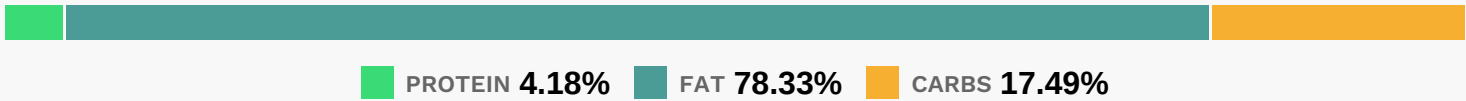
 sauce pan

Directions

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 Heat the oil in a saucepan, add the tomatoes, scallions, garlic, ground cumin and cook gently for 10 minutes, stirring until softened.Reduce the heat to low, add the salt and , cook for 10 minutes more, stirring occasionally until the sauce has thickened. Check and adjust the seasoning.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:3.9608696563088%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 57.44kcal (2.87%), Fat: 5.26g (8.09%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 77.03mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin K: 38.32µg (36.49%), Vitamin C: 7.59mg (9.2%), Vitamin A: 438.47IU (8.77%), Vitamin E: 0.7mg (4.64%), Manganese: 0.09mg (4.26%), Potassium: 129.6mg (3.7%), Folate: 13.63µg (3.41%), Fiber: 0.82g (3.29%), Iron: 0.47mg (2.59%), Vitamin B6: 0.04mg (2.17%), Magnesium: 7.72mg (1.93%), Copper: 0.04mg (1.83%), Calcium: 16.05mg (1.61%), Phosphorus: 15.48mg (1.55%), Vitamin B1: 0.02mg (1.54%), Vitamin B3: 0.3mg (1.51%), Vitamin B2: 0.02mg (1.08%)