

Enchilada Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



55 kcal

SAUCE

Ingredients

- 4.5 cups chicken broth
- 5 tablespoons chili powder hot
- 3 tablespoons flour all-purpose
- 3 tablespoons garlic chopped
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 cup onion diced
- 1 teaspoon oregano dried

- 1 ounce bittersweet chocolate
- 1 tablespoon vegetable oil

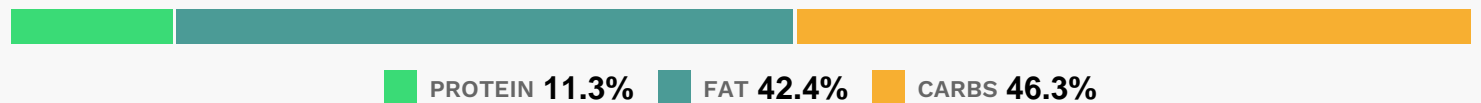
Equipment

- sauce pan
- whisk

Directions

- Heat oil in a large saucepan over medium-high heat.
- Saute onion until tender. Stir in garlic, oregano, cumin and cinnamon; saute for a few minutes.
- Stir in flour and chili powder, stirring until sauce thickens. Slowly whisk in chicken broth; reduce until sauce reaches desired consistency. Stir in chocolate until melted and well blended.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:4.6565217272095%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 54.69kcal (2.73%), Fat: 2.79g (4.29%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.06g (1.84%), Sugar: 2.09g (2.32%), Cholesterol: 1.9mg (0.63%), Sodium: 383.08mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin A: 996.8IU (19.94%), Manganese: 0.21mg (10.65%), Vitamin E: 1.46mg (9.7%), Fiber: 1.78g (7.11%), Vitamin K: 6.93µg (6.6%), Iron: 1.11mg (6.18%), Vitamin B2: 0.1mg (5.94%), Vitamin B6: 0.11mg (5.74%), Copper: 0.09mg (4.63%), Vitamin B3: 0.76mg (3.78%), Potassium: 129.01mg (3.69%), Vitamin B1: 0.05mg (3.59%), Magnesium: 13.34mg (3.33%), Selenium: 2.23µg (3.19%), Phosphorus: 29.72mg (2.97%), Calcium: 27.59mg (2.76%), Zinc: 0.34mg (2.27%), Vitamin C: 1.65mg (2%), Folate: 7.37µg (1.84%)