

Enchilada Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



40 kcal

SAUCE

Ingredients

- 16 oz tomato sauce canned
- 0.3 cup chili powder
- 0.3 cup flour all-purpose
- 4 garlic clove minced
- 2 teaspoons ground cumin
- 0.3 teaspoon ground pepper red
- 1 cup onion minced
- 1 teaspoon oregano dried

- 1.3 teaspoons salt
- 6 tablespoons vegetable oil

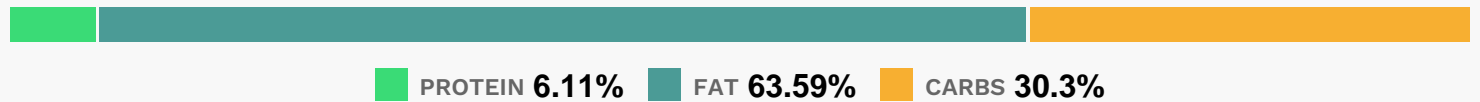
Equipment

- sauce pan

Directions

- Cook first 2 ingredients in hot oil in a large saucepan over medium heat, stirring often, 2 minutes. Stir in onion; cook, stirring often, 3 minutes or until tender.
- Add garlic; cook, stirring often, 1 minute. Stir in remaining ingredients and 3 cups water. Cook, stirring often, 15 minutes or until thickened.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:2.8665217161179%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 40.48kcal (2.02%), Fat: 3.1g (4.77%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 201.44mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin A: 659.94IU (13.2%), Vitamin E: 1.22mg (8.11%), Vitamin K: 7.98µg (7.6%), Fiber: 1.09g (4.35%), Manganese: 0.08mg (3.94%), Iron: 0.67mg (3.71%), Vitamin B6: 0.07mg (3.48%), Potassium: 97.44mg (2.78%), Vitamin B3: 0.46mg (2.3%), Copper: 0.04mg (2.18%), Vitamin B2: 0.04mg (2.14%), Vitamin C: 1.62mg (1.96%), Magnesium: 6.76mg (1.69%), Phosphorus: 14.09mg (1.41%), Vitamin B1: 0.02mg (1.4%), Selenium: 0.94µg (1.34%), Calcium: 13.12mg (1.31%), Folate: 5.03µg (1.26%)