



Fideo

 Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients

- 8 ounce tomato sauce canned
- 1 tablespoon chili powder
- 0.5 teaspoon garlic salt
- 0.5 teaspoon ground cumin
- 8 ounce fideo pasta
- 2 tablespoons vegetable oil
- 1.5 cups water

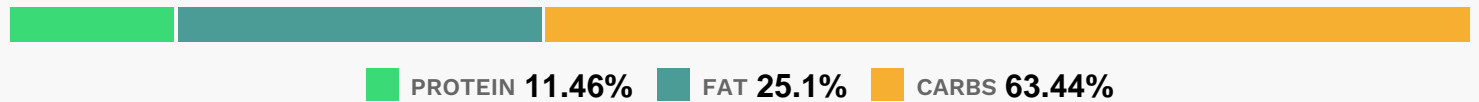
Equipment

sauce pan

Directions

- Heat oil in a saucepan over medium-high heat.
- Add the fideo, and fry until browned.
- Pour in half of the can of tomato sauce, and 1 cup of the water. Season with cumin, garlic salt and chili powder, and stir to blend. Bring to a boil, and cook until the liquid has almost evaporated.
- Stir in the remaining tomato sauce and water. Cover, and cook over medium heat for about 10 minutes, or until the fideo is tender, and the sauce has thickened.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:18, Inflammation Score:-6, Nutrition Score:10.951739103898%

Nutrients (% of daily need)

Calories: 290.65kcal (14.53%), Fat: 8.17g (12.57%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 43.07g (15.66%), Sugar: 3.68g (4.09%), Cholesterol: 0mg (0%), Sodium: 600.5mg (26.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Selenium: 36.6µg (52.28%), Manganese: 0.62mg (31.18%), Vitamin A: 841.68IU (16.83%), Vitamin K: 16.28µg (15.5%), Vitamin E: 2.21mg (14.71%), Fiber: 3.39g (13.55%), Copper: 0.27mg (13.28%), Phosphorus: 129.72mg (12.97%), Magnesium: 43.35mg (10.84%), Iron: 1.8mg (9.98%), Potassium: 338.37mg (9.67%), Vitamin B6: 0.18mg (8.95%), Vitamin B3: 1.77mg (8.85%), Zinc: 1.03mg (6.88%), Vitamin B2: 0.09mg (5.32%), Vitamin C: 4mg (4.85%), Vitamin B1: 0.07mg (4.75%), Vitamin B5: 0.44mg (4.37%), Folate: 15.89µg (3.97%), Calcium: 31.61mg (3.16%)