



Green Chile-Tomato Gravy

 Dairy Free

READY IN



11 min.

SERVINGS



5

CALORIES



89 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 14.5 ounce canned tomatoes diced with green chiles canned
- ☐ 2 tablespoons flour
- ☐ 0.5 cup catsup

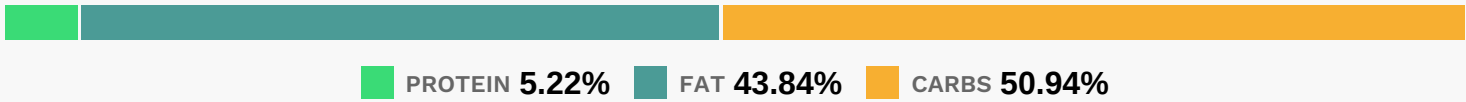
Equipment

- ☐ sauce pan

Directions

- ☐ Melt 2 tablespoons butter or margarine in a large saucepan over medium heat; add 2 tablespoons flour, stirring until smooth. Cook, stirring constantly, 1 minute.
- ☐ Add 1 (14 1/2-ounce) can diced tomatoes with green chiles, 1/2 cup ketchup, and 1/2 cup water; cook, stirring often, 3 to 5 minutes or until thickened.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.66, Inflammation Score:-4, Nutrition Score:4.0791304927805%

Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 89.4kcal (4.47%), Fat: 4.67g (7.18%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.23g (4.08%), Sugar: 7.08g (7.86%), Cholesterol: 0mg (0%), Sodium: 278.77mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 8.64mg (10.47%), Vitamin A: 419.62IU (8.39%), Vitamin E: 1.08mg (7.23%), Vitamin B6: 0.13mg (6.55%), Potassium: 227.56mg (6.5%), Vitamin B2: 0.1mg (6%), Iron: 1.02mg (5.67%), Vitamin B3: 1.11mg (5.53%), Manganese: 0.11mg (5.38%), Vitamin B1: 0.06mg (4.25%), Copper: 0.08mg (4.07%), Fiber: 0.98g (3.9%), Folate: 14.28µg (3.57%), Magnesium: 12.99mg (3.25%), Calcium: 31.22mg (3.12%), Vitamin K: 3.11µg (2.96%), Phosphorus: 26.39mg (2.64%), Selenium: 1.27µg (1.81%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.18mg (1.18%)