



Green Sauce

 Vegetarian  Vegan  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

219 kcal

SAUCE

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cloves garlic crushed
- ☐ 4 medium size pasilla peppers green cut into fourths
- ☐ 4 medium size tomatoes green peeled
- ☐ 1 cup onion chopped
- ☐ 0.3 cup vegetable oil
- ☐ 3 cups water

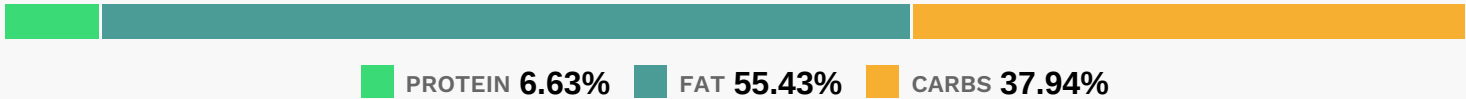
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Combine tomatoes, peppers, onion, and water in a large Dutch oven; cook over medium heat about 30 minutes or until vegetables are tender.
- ☐ Place vegetables and liquid in container of electric blender; set on high speed, and process until smooth.
- ☐ Combine flour, oil, and garlic in a medium saucepan; cook over low heat, stirring constantly, until mixture is lightly browned.
- ☐ Add vegetable mixture; cook over low heat 15 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:5.59, Inflammation Score:-9, Nutrition Score:15.459130432295%

Flavonoids

Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg

Nutrients (% of daily need)

Calories: 218.65kcal (10.93%), Fat: 14.2g (21.84%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 17.57g (6.39%), Sugar: 9.5g (10.56%), Cholesterol: 0mg (0%), Sodium: 30.38mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin C: 127.77mg (154.87%), Vitamin K: 46.49µg (44.27%), Vitamin A: 1230.86IU (24.62%), Vitamin B6: 0.43mg (21.58%), Manganese: 0.39mg (19.59%), Fiber: 4.29g (17.16%), Potassium: 530.44mg (15.16%), Vitamin B1: 0.22mg (14.91%), Vitamin E: 2.04mg (13.57%), Copper: 0.25mg (12.39%), Folate: 44.9µg (11.23%), Vitamin B3: 1.7mg (8.51%), Iron: 1.5mg (8.33%), Vitamin B5: 0.82mg (8.23%), Phosphorus: 80mg (8%), Magnesium: 31.97mg (7.99%), Vitamin B2: 0.13mg (7.83%), Selenium: 3.5µg (5%), Calcium: 45.62mg (4.56%), Zinc: 0.39mg (2.63%)