



Mrs Espy's Enchilada Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



70 kcal

SAUCE

Ingredients

- 0.3 cup chili powder
- 2 tablespoons flour all-purpose
- 8 servings garlic powder to taste
- 8 servings salt to taste
- 0.3 cup tomato sauce
- 2 tablespoons vegetable oil
- 2 cups water

Equipment

sauce pan

whisk

Directions

Heat the oil in a medium saucepan over medium heat. Stir in the flour and cook for 1 minute, then add the chili powder and cook for 1 more minute. Gradually stir in the water, mixing well with a whisk to make sure you get out all the lumps, then stir in the tomato sauce and season with salt and garlic powder to taste.

Reduce heat to low and simmer for 10 to 15 minutes. (Note: If sauce thickens too much, just add a little water to thin it out a bit.)

Nutrition Facts



PROTEIN 9.05% **FAT 51.77%** **CARBS 39.18%**

Properties

Glycemic Index:15.63, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:7.2582608254059%

Nutrients (% of daily need)

Calories: 69.5kcal (3.47%), Fat: 4.52g (6.95%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 4.69g (1.7%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 356.13mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Vitamin A: 2225.29IU (44.51%), Vitamin E: 3.23mg (21.53%), Vitamin K: 14.3µg (13.62%), Fiber: 3.01g (12.03%), Vitamin B6: 0.21mg (10.64%), Iron: 1.61mg (8.95%), Manganese: 0.18mg (8.83%), Potassium: 204.75mg (5.85%), Copper: 0.11mg (5.55%), Vitamin B3: 1.07mg (5.34%), Vitamin B2: 0.09mg (5.17%), Selenium: 2.91µg (4.15%), Magnesium: 15.48mg (3.87%), Phosphorus: 38.69mg (3.87%), Vitamin B1: 0.05mg (3.21%), Calcium: 30.02mg (3%), Zinc: 0.44mg (2.96%), Folate: 7.6µg (1.9%), Vitamin B5: 0.12mg (1.2%)