



New Mexican Red Chile Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



57 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black
- 1 cup tomatoes canned crushed
- 0.5 cup new mexico chile powder
- 1 garlic clove minced
- 1 teaspoon ground cumin
- 3 tablespoons honey
- 0.5 cup onion finely chopped
- 14.5 ounce vegetable broth canned

0.5 teaspoon vegetable oil

Equipment

sauce pan

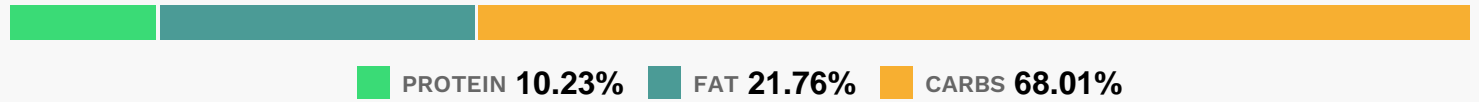
Directions

Heat oil in a large saucepan over medium-high heat.

Add onion; saut 4 minutes.

Add chile powder and garlic; saut 1 minute. Stir in tomatoes and remaining ingredients. Bring to a boil; reduce heat, and simmer 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:3.03, Inflammation Score:-9, Nutrition Score:9.0604348545489%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg 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: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 57.35kcal (2.87%), Fat: 1.7g (2.61%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 7.97g (2.9%), Sugar: 6.49g (7.21%), Cholesterol: 0mg (0%), Sodium: 326.12mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin A: 3041.67IU (60.83%), Vitamin E: 4.03mg (26.9%), Fiber: 3.97g (15.88%), Vitamin B6: 0.25mg (12.49%), Iron: 2.12mg (11.79%), Manganese: 0.23mg (11.62%), Vitamin K: 11.94µg (11.37%), Potassium: 268.32mg (7.67%), Copper: 0.14mg (7.14%), Vitamin B3: 1.41mg (7.07%), Vitamin B2: 0.11mg (6.34%), Magnesium: 20.24mg (5.06%), Calcium: 43.42mg (4.34%), Phosphorus: 39.45mg (3.95%), Zinc: 0.51mg (3.42%), Selenium: 2.25µg (3.22%), Vitamin C: 2.53mg (3.07%), Vitamin B1: 0.04mg (2.96%), Folate: 6.78µg (1.7%), Vitamin B5: 0.16mg (1.57%)