

Ranchero Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



30 kcal

SAUCE

Ingredients



0.3 cup onion red chopped



0.3 cup la nortena's salsa homemade



0.3 cup sacramento tomato juice

Equipment

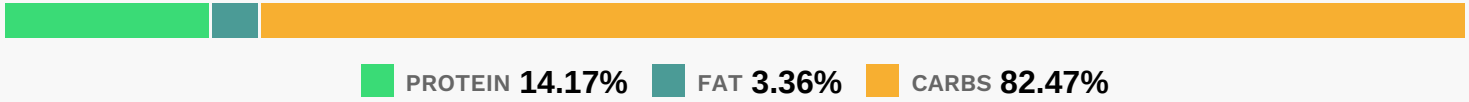


sauce pan

Directions

- ☐
- Place a small saucepan coated with cooking spray over medium-high heat until hot.
- ☐
- Add onion, and saut 3 minutes.
- ☐
- Add tomato juice and salsa; bring to a boil. Reduce heat to medium-low; simmer 4 minutes.
- ☐
- Remove from heat; cool.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:3.6639130607895%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 30.12kcal (1.51%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 5.73g (2.08%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 289.38mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Vitamin C: 10.21mg (12.37%), Vitamin A: 390.78IU (7.82%), Vitamin B6: 0.15mg (7.66%), Potassium: 243.48mg (6.96%), Manganese: 0.11mg (5.59%), Fiber: 1.4g (5.58%), Vitamin E: 0.66mg (4.42%), Vitamin B3: 0.79mg (3.94%), Folate: 14.9µg (3.72%), Magnesium: 13.62mg (3.41%), Copper: 0.06mg (3.16%), Vitamin B1: 0.05mg (3.1%), Phosphorus: 28.89mg (2.89%), Vitamin K: 2.86µg (2.72%), Iron: 0.41mg (2.29%), Calcium: 22.32mg (2.23%), Vitamin B5: 0.22mg (2.22%), Vitamin B2: 0.03mg (1.98%), Zinc: 0.19mg (1.29%)