



## Red Enchilada Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



71 kcal

SAUCE

### Ingredients

- 6 ounce tomato sauce canned
- 2.5 teaspoons chili powder
- 0.5 teaspoon basil dried
- 1 teaspoon parsley dried
- 2 cloves garlic minced
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground pepper black
- 1 tablespoon olive oil

- 1 teaspoon onion minced
- 0.5 teaspoon oregano dried
- 0.3 cup salsa
- 0.1 teaspoon salt
- 1.5 cups water

## Equipment

- sauce pan

## Directions

- Heat the oil in a large saucepan over medium heat.
- Add the garlic and saute for 1 to 2 minutes.
- Add the onion, oregano, chili powder, basil, ground black pepper, salt, cumin, parsley, salsa and tomato sauce.
- Mix together and then stir in the water. Bring to a boil, reduce heat to low and simmer for 15 to 20 minutes.

## Nutrition Facts



■ PROTEIN 7.48% ■ FAT 59.51% ■ CARBS 33.01%

## Properties

Glycemic Index:48, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:5.7391304451486%

## Flavonoids

Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 71.29kcal (3.56%), Fat: 5.19g (7.98%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.35g (1.58%), Sugar: 3.04g (3.37%), Cholesterol: 0mg (0%), Sodium: 542.15mg (23.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin A: 854IU (17.08%), Vitamin E: 2.48mg (16.52%),

Vitamin K: 12.63µg (12.03%), Manganese: 0.2mg (10.02%), Fiber: 2.13g (8.5%), Vitamin B6: 0.16mg (8.06%), Potassium: 279.42mg (7.98%), Iron: 1.38mg (7.69%), Copper: 0.13mg (6.48%), Vitamin C: 5.13mg (6.22%), Vitamin B3: 1.05mg (5.24%), Magnesium: 18.96mg (4.74%), Vitamin B2: 0.07mg (3.95%), Calcium: 38.29mg (3.83%), Phosphorus: 32.55mg (3.26%), Vitamin B5: 0.25mg (2.52%), Vitamin B1: 0.03mg (2.11%), Zinc: 0.31mg (2.05%), Folate: 8.02µg (2.01%), Selenium: 1.2µg (1.71%)