



WHATSheATE



Salsa Ranchera (Ranch-Style Sauce)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 cups fire-roasted tomatoes canned (such as Muir Glen brand)
- ☐ 2 garlic cloves minced
- ☐ 2 serrano chiles dry stemmed toasted finely chopped
- ☐ 0.5 onion white finely chopped

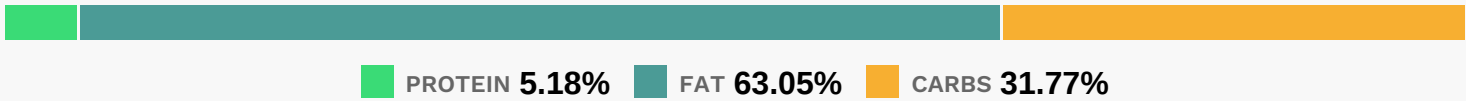
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐
- Put onion with oil in a medium pot over medium heat and cook until onion softens, about 5 minutes. Meanwhile, put tomatoes, garlic, and chiles in a blender and pulse a few times (leave the mixture a little chunky).
- ☐
- Pour tomato mixture into pot with onions and cook 5 minutes over high heat to thicken. Taste and add hot sauce if you like.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:1.2282608695652%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 50.24kcal (2.51%), Fat: 3.52g (5.41%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.86g (2.06%), Cholesterol: 0mg (0%), Sodium: 100.65mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin A: 274.26IU (5.49%), Vitamin E: 0.62mg (4.17%), Vitamin C: 2.59mg (3.13%), Fiber: 0.69g (2.75%), Vitamin K: 2.71µg (2.58%), Calcium: 22.6mg (2.26%), Iron: 0.39mg (2.17%), Vitamin B6: 0.03mg (1.26%), Manganese: 0.02mg (1.21%)