



Ten Minute Enchilada Sauce



Vegetarian



Vegan



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



126 kcal

SAUCE

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 0.3 cup california chili powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon onion salt
- ☐ 6 servings salt to taste
- ☐ 2 tablespoons self-rising flour
- ☐ 0.3 cup vegetable oil

☐ 1.5 cups water

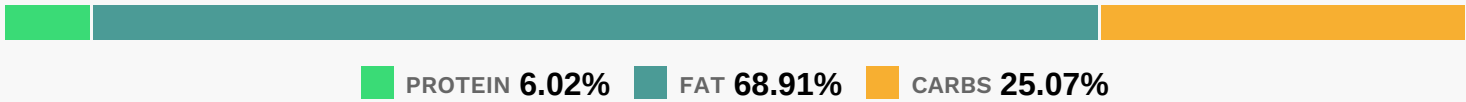
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a skillet over medium-high heat. Stir in flour and chili powder, reduce heat to medium, and cook until lightly brown, stirring constantly to prevent burning flour.
- ☐ Gradually stir in tomato sauce, water, cumin, garlic powder, and onion salt into the flour and chili powder until smooth, and continue cooking over medium heat approximately 10 minutes, or until thickened slightly. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:10.333043533823%

Nutrients (% of daily need)

Calories: 126.32kcal (6.32%), Fat: 10.66g (16.4%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 4.65g (1.69%), Sugar: 2.07g (2.3%), Cholesterol: 0mg (0%), Sodium: 634.74mg (27.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Vitamin A: 3087.62IU (61.75%), Vitamin E: 5.06mg (33.73%), Vitamin K: 28.19µg (26.85%), Fiber: 4.07g (16.29%), Vitamin B6: 0.25mg (12.34%), Iron: 2.16mg (11.98%), Manganese: 0.23mg (11.56%), Potassium: 309.87mg (8.85%), Copper: 0.16mg (7.87%), Vitamin B3: 1.55mg (7.73%), Vitamin B2: 0.12mg (7%), Magnesium: 21.94mg (5.49%), Selenium: 3.2µg (4.57%), Phosphorus: 42.98mg (4.3%), Calcium: 41mg (4.1%), Zinc: 0.54mg (3.61%), Vitamin C: 2.72mg (3.3%), Vitamin B1: 0.04mg (2.44%), Vitamin B5: 0.22mg (2.15%), Folate: 7µg (1.75%)