



Balsamic Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



190 min.

SERVINGS



16

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon sugar
- ☐ 2 pounds tomatoes quartered

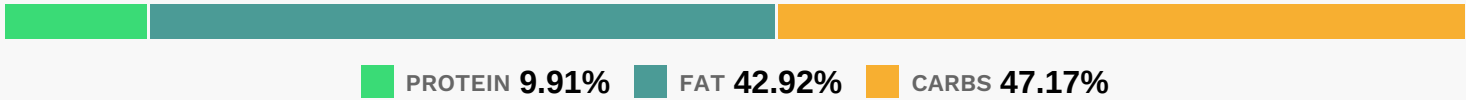
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 32
- ☐ Combine oil, 1/4 teaspoon salt, and tomatoes in a large bowl; toss gently to coat. Arrange tomatoes, skin side down, on a wire rack set inside a jelly-roll pan.
- ☐ Bake at 325 for 3 hours. Cool slightly; peel. Discard peels.
- ☐ Combine tomatoes, remaining 1/8 teaspoon salt, basil, and remaining ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:2.3939130491699%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 19.16kcal (0.96%), Fat: 1g (1.53%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.77g (0.64%), Sugar: 1.71g (1.9%), Cholesterol: 0mg (0%), Sodium: 57.53mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin A: 505.09IU (10.1%), Vitamin C: 7.86mg (9.53%), Vitamin K: 6.59µg (6.27%), Potassium: 136.83mg (3.91%), Manganese: 0.07mg (3.53%), Vitamin E: 0.44mg (2.96%), Fiber: 0.69g (2.78%), Vitamin B6: 0.05mg (2.34%), Folate: 8.79µg (2.2%), Copper: 0.04mg (1.76%), Vitamin B3: 0.34mg (1.71%), Magnesium: 6.6mg (1.65%), Vitamin B1: 0.02mg (1.41%), Phosphorus: 14.03mg (1.4%)