

Banana Ketchup



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups banana ripe mashed (4 large bananas)
- ☐ 2 medium cloves garlic minced
- ☐ 2 teaspoons ginger freshly grated
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon turmeric
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon jalapeno seeded finely chopped (1 small jalapeño)
- ☐ 2 tablespoons rum

- ☐ 0.5 teaspoon salt plus more to taste
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup onion sweet finely chopped (1 small onion)
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoon vegetable oil
- ☐ 8 servings water as needed
- ☐ 0.5 cup vinegar white

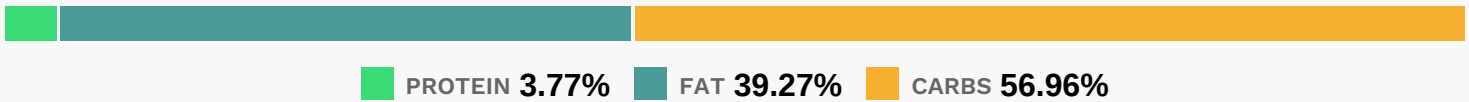
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Heat oil in medium saucepan over medium heat until shimmering.
- ☐ Add onions and cook, stirring occasionally, until onions have softened, about 5 minutes.
- ☐ Add garlic, jalapeno, ginger, turmeric, and allspice and cook until fragrant, about 30 seconds.
- ☐ Stir in bananas, vinegar, honey, rum, tomato paste, soy sauce, and salt; bring to simmer. Reduce heat to low, cover, and cook for 15 minutes, stirring often.
- ☐ Remove from heat and let cool for 10 minutes.
- ☐ Transfer ketchup to a food processor fitted with a steel blade and process until smooth, about 1 minute. Thin with water as needed to reach a ketchup-like consistency. Season with additional salt to taste.
- ☐ Transfer to an airtight container and store in refrigerator for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:5.11, Inflammation Score:-7, Nutrition Score:2.613043476706%

Flavonoids

Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 87.26kcal (4.36%), Fat: 3.53g (5.43%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.59g (3.85%), Sugar: 8.06g (8.95%), Cholesterol: 0mg (0%), Sodium: 300.6mg (13.07%), Alcohol: 1.25g (100%), Alcohol %: 0.52% (100%), Protein: 0.76g (1.52%), Vitamin C: 5.52mg (6.69%), Vitamin K: 7µg (6.67%), Vitamin B6: 0.13mg (6.47%), Manganese: 0.13mg (6.46%), Copper: 0.08mg (4.06%), Potassium: 137.55mg (3.93%), Fiber: 0.93g (3.71%), Magnesium: 12.61mg (3.15%), Vitamin E: 0.46mg (3.08%), Folate: 8.39µg (2.1%), Vitamin B3: 0.37mg (1.84%), Vitamin B2: 0.03mg (1.79%), Iron: 0.31mg (1.71%), Phosphorus: 15.65mg (1.56%), Calcium: 15.11mg (1.51%), Vitamin A: 66.22IU (1.32%), Vitamin B5: 0.11mg (1.14%), Vitamin B1: 0.02mg (1.12%)