



Bill's Seasoned Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cayenne pepper to taste
- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons sea salt
- ☐ 28 ounce catsup
- ☐ 1 tablespoon onion granules dried
- ☐ 2 teaspoons pepper sauce hot

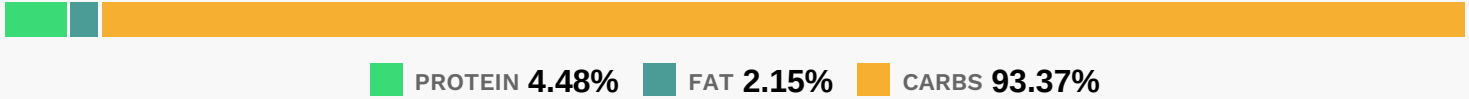
Equipment

- ☐ bowl

Directions

☐ In a large bowl, stir together the ketchup, hot pepper sauce, cayenne pepper, dried onion, dried garlic and chili powder. Return to the ketchup bottle or another squeeze bottle and store in the refrigerator. Use as you would ketchup.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:10.000869522924%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 218.38kcal (10.92%), Fat: 0.59g (0.91%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 58.09g (19.36%), Net Carbohydrates: 56.4g (20.51%), Sugar: 42.65g (47.39%), Cholesterol: 0mg (0%), Sodium: 1871.72mg (81.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin A: 1837.9IU (36.76%), Vitamin E: 3.67mg (24.46%), Vitamin B2: 0.36mg (20.91%), Vitamin B6: 0.41mg (20.28%), Potassium: 640.32mg (18.29%), Vitamin B3: 3.09mg (15.43%), Manganese: 0.28mg (13.84%), Vitamin C: 11.02mg (13.36%), Copper: 0.2mg (10.11%), Magnesium: 32.42mg (8.11%), Vitamin K: 8.14µg (7.75%), Phosphorus: 70.32mg (7.03%), Fiber: 1.69g (6.76%), Iron: 1.13mg (6.26%), Folate: 21.41µg (5.35%), Calcium: 42.98mg (4.3%), Zinc: 0.53mg (3.53%), Selenium: 2.31µg (3.3%), Vitamin B1: 0.04mg (2.91%), Vitamin B5: 0.13mg (1.28%)