



## Blackberry 5 Spice Ketchup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



3

CALORIES



399 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon spice powder chinese
- ☐ 1 cup apple cider vinegar
- ☐ 1 pound blackberries fresh
- ☐ 1 cup brown sugar packed
- ☐ 0.5 teaspoon pepper flakes red to taste
- ☐ 1 pinch salt
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup water

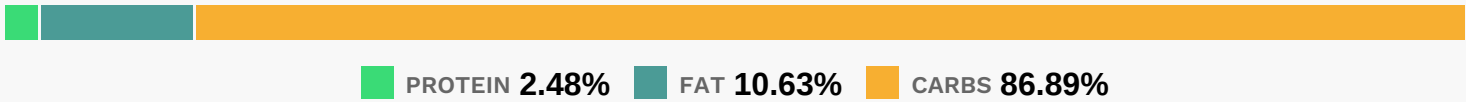
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

## Directions

- ☐ In a medium heavy-bottomed saucepan set over medium heat, combine the berries, vinegar, water, brown sugar, 5 spice powder, red pepper flakes and salt. When they begin to boil, reduce the heat to a simmer. Simmer, uncovered, stirring often to keep the berries from sticking to the bottom and burning; about 30 minutes. The juices will thicken slightly.
- ☐ Remove the pan from the heat and allow to cool.Strain pulp through sieve to remove seeds, being sure to rub all the berry pulp you can through the mesh. Discarding solids. Return remaining pulp and liquid to saucepan and add the butter and simmer another 10 minutes until thickened to a ketchup consistency.
- ☐ Let cool, then pour into a sterilized jar and seal with a tight cap. Keep refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:23.33, Glycemic Load:1.95, Inflammation Score:-7, Nutrition Score:12.919130484695%

## Flavonoids

Cyanidin: 151.12mg, Cyanidin: 151.12mg, Cyanidin: 151.12mg, Cyanidin: 151.12mg Pelargonidin: 0.68mg, Pelargonidin: 0.68mg, Pelargonidin: 0.68mg, Pelargonidin: 0.68mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 56.03mg, Catechin: 56.03mg, Catechin: 56.03mg, Catechin: 56.03mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate: 1.03mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

## Nutrients (% of daily need)

Calories: 399.3kcal (19.97%), Fat: 4.79g (7.36%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 88.05g (29.35%), Net Carbohydrates: 79.72g (28.99%), Sugar: 78.86g (87.62%), Cholesterol: 10.03mg (3.34%), Sodium: 49.08mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Manganese: 1.26mg (62.93%), Vitamin C: 32.03mg (38.83%), Fiber: 8.32g (33.3%), Vitamin K: 30.62µg (29.16%), Copper: 0.32mg (15.96%), Vitamin E: 2mg (13.36%), Calcium: 123.5mg (12.35%), Potassium: 427.47mg (12.21%), Iron: 2.17mg (12.05%), Magnesium: 44.47mg (11.12%), Vitamin A: 543.16IU (10.86%), Folate: 38.9µg (9.72%), Zinc: 0.95mg (6.35%), Vitamin B3: 1.14mg (5.69%), Vitamin B5: 0.53mg (5.33%), Phosphorus: 50.56mg (5.06%), Vitamin B6: 0.09mg (4.56%), Vitamin B2: 0.05mg (2.82%), Selenium: 1.75µg (2.49%), Vitamin B1: 0.04mg (2.39%)