



Christmas Ketchup

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons water
- ☐ 0.3 cup vinegar white

☐ 16 ounce jellied cranberry sauce canned

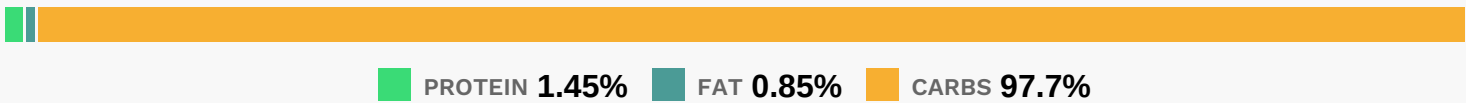
Equipment

☐ sauce pan

Directions

- ☐ Combine cranberry sauce and next 6 ingredients in a medium saucepan. Stir together flour and 2 tablespoons water until smooth; add to cranberry mixture.
- ☐ Bring mixture to a boil, stirring constantly; reduce heat, and simmer 5 minutes or until thickened and bubbly.
- ☐ Remove from heat; cool. Store in an airtight container in refrigerator.
- ☐ Serve with cream cheese and gourmet crackers or with meat.
- ☐ *Whole-berry cranberry sauce may be substituted.

Nutrition Facts



Properties

Glycemic Index:29.12, Glycemic Load:12.12, Inflammation Score:-1, Nutrition Score:0.83304348053492%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 149.51kcal (7.48%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 37.19g (13.52%), Sugar: 32.68g (36.31%), Cholesterol: 0mg (0%), Sodium: 3.15mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin E: 0.47mg (3.15%), Manganese: 0.06mg (2.82%), Fiber: 0.63g (2.54%), Iron: 0.27mg (1.5%), Vitamin B2: 0.02mg (1.07%)