



Fiery Smoked Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



506 kcal

SIDE DISH

Ingredients

- ☐ 1 head garlic
- ☐ 0.3 cup ground mild chile pepper red
- ☐ 0.5 jalapeno seeded cut in half lengthwise
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups mesquite chips
- ☐ 5 plum tomatoes seeded cut in half lengthwise
- ☐ 0.5 teaspoon salt
- ☐ 2 small shallots peeled cut in half lengthwise

- ☐ 16 ounce no-salt-added tomato sauce canned
- ☐ 1 small onion yellow separated peeled

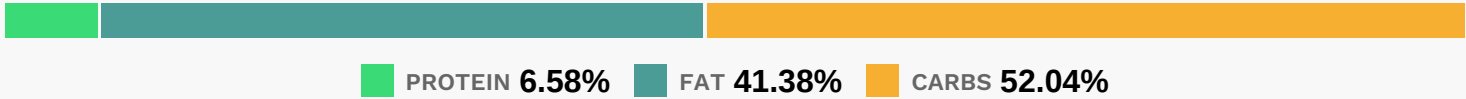
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill

Directions

- ☐ Soak mesquite chips in water at least 30 minutes; drain.
- ☐ Peel outer skins from garlic; cut off and discard top one-third of garlic head.
- ☐ Place garlic (cut side up), tomato halves (cut side down), and next 3 ingredients in a grill basket.
- ☐ Pile charcoal on each side of grill, leaving center empty.
- ☐ Place a drip pan between coals. Prepare fire; let burn 10 to 15 minutes.
- ☐ Place half of mesquite chips on hot coals. Coat grill rack with cooking spray, and place over coals.
- ☐ Place grill basket on rack over drip pan; cover and cook 30 minutes. Turn vegetables, and add remaining mesquite chips to hot coals. Cover and cook 30 minutes or until vegetables are tender and lightly browned.
- ☐ Remove vegetables from grill. Squeeze out pulp from each clove of garlic. Position knife blade in food processor bowl; add garlic pulp, vegetables, tomato sauce, and remaining ingredients. Process until smooth, scraping sides of processor bowl twice.
- ☐ Serve with meat loaf, turkey burgers, turkey franks, and sloppy joes.

Nutrition Facts



Properties

Glycemic Index:114.44, Glycemic Load:32.16, Inflammation Score:-9, Nutrition Score:22.457391490107%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 506.31kcal (25.32%), Fat: 24.4g (37.53%), Saturated Fat: 7.29g (45.55%), Carbohydrates: 69.03g (23.01%), Net Carbohydrates: 57g (20.73%), Sugar: 11.25g (12.5%), Cholesterol: 0mg (0%), Sodium: 1888.03mg (82.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Vitamin C: 61.38mg (74.4%), Fiber: 12.03g (48.11%), Manganese: 0.92mg (46.02%), Potassium: 1547.67mg (44.22%), Vitamin B6: 0.79mg (39.47%), Vitamin A: 1662.49IU (33.25%), Vitamin B3: 5.96mg (29.8%), Iron: 4.37mg (24.3%), Phosphorus: 224.36mg (22.44%), Vitamin E: 2.93mg (19.5%), Folate: 77.72µg (19.43%), Magnesium: 74.12mg (18.53%), Copper: 0.36mg (17.84%), Vitamin B1: 0.24mg (16.05%), Vitamin B5: 1.58mg (15.78%), Vitamin K: 15.24µg (14.51%), Vitamin B2: 0.2mg (11.73%), Zinc: 1.28mg (8.55%), Calcium: 77.13mg (7.71%), Selenium: 3.42µg (4.88%)