



Fig Catsup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 1 teaspoon chili paste depending on your taste pref thai-style
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 teaspoon coriander
- ☐ 1 teaspoon cumin
- ☐ 1 bay leaf fresh
- ☐ 1 pound figs fresh quartered
- ☐ 8 ounces roma tomatoes quartered

- ☐ 8 servings salt
- ☐ 0.3 cup sorghum syrup
- ☐ 0.3 cup sugar

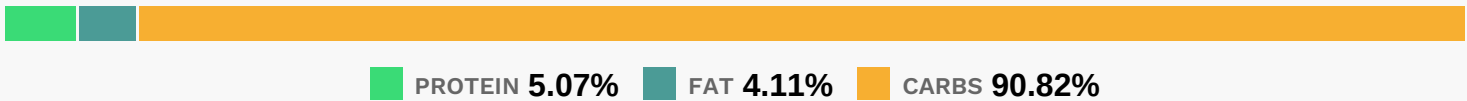
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- ☐ Place the figs and tomatoes skin-side down on the prepared baking sheet. Roast until they start to brown and soften, about 40 minutes. Cool, and then remove the tomato skins.
- ☐ In a food processor, combine the figs, tomatoes, vinegar, sugar, sorghum, chili paste, coriander, cumin and cinnamon and pulse until combined.
- ☐ Put this mixture in a saucepan with the bay leaf and cook over medium-high heat until the mixture begins to boil. Reduce the heat and simmer, stirring often, until it thickens and reduces by a third, about 30 minutes--it will be thick enough so that when you stir it, you'll be able to see the bottom of the pot.
- ☐ Remove the bay leaf and discard. Season with salt.

Nutrition Facts



Properties

Glycemic Index:31.39, Glycemic Load:11.86, Inflammation Score:-3, Nutrition Score:3.6178261067556%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 107.54kcal (5.38%), Fat: 0.51g (0.79%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 22.97g (8.35%), Sugar: 18.49g (20.54%), Cholesterol: 0mg (0%), Sodium: 198.27mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Manganese: 0.2mg (10.02%), Fiber: 2.43g (9.71%), Potassium: 248.93mg (7.11%), Vitamin A: 322.88IU (6.46%), Vitamin C: 5.15mg (6.24%), Vitamin K: 4.98µg (4.75%), Vitamin B6: 0.09mg (4.46%), Iron: 0.8mg (4.43%), Vitamin B1: 0.06mg (4.06%), Magnesium: 15.3mg (3.83%), Phosphorus: 35.98mg (3.6%), Copper: 0.06mg (3.14%), Calcium: 29.85mg (2.98%), Vitamin B3: 0.59mg (2.97%), Vitamin B2: 0.05mg (2.66%), Vitamin B5: 0.2mg (1.96%), Folate: 7.78µg (1.94%), Vitamin E: 0.23mg (1.51%), Zinc: 0.16mg (1.07%)