



Fresh Organic Catsup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.3 cup apple juice unsweetened
- ☐ 1 bay leaf
- ☐ 1 teaspoon peppercorns black
- ☐ 1 teaspoon celery seed
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup juice of lemon
- ☐ 1 large onion chopped

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4 pounds tomatoes diced seeded

Equipment

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pot

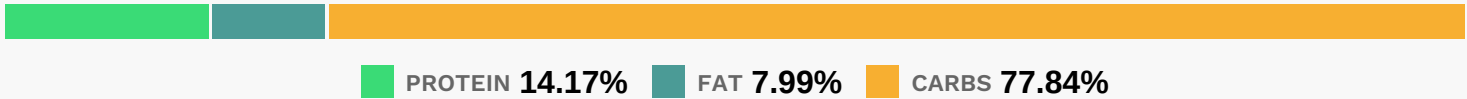
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cheesecloth

Directions

- ☐ Combine the tomatoes, onion, garlic, apple juice, and cayenne pepper in a soup pot. Bring to a boil.
- ☐ Place the bay leaf, cloves, celery seed and peppercorns into a spice bag or wrap in cheesecloth.
- ☐ Add to the pot and continue to boil, stirring frequently until the mixture has reduced by half.
- ☐ Remove the spice bag and stir in the lemon juice. Continue to boil for 10 more minutes, then remove from the heat.
- ☐ Pour into a container with a lid and refrigerate until using. Use or freeze within 1 week.

Nutrition Facts



Properties

Glycemic Index:20.77, Glycemic Load:2.57, Inflammation Score:-8, Nutrition Score:8.2526086763195%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 47.95kcal (2.4%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 7.98g (2.9%), Sugar: 6.34g (7.04%), Cholesterol: 0mg (0%), Sodium: 10.78mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin C: 30.97mg (37.54%), Vitamin A: 1515.65IU (30.31%), Manganese: 0.33mg (16.28%), Vitamin K: 15.12µg (14.4%), Potassium: 485.13mg (13.86%), Fiber: 2.63g (10.53%), Vitamin B6: 0.18mg (9.03%), Folate: 32.64µg (8.16%), Vitamin E: 1.01mg (6.73%), Copper: 0.13mg (6.32%), Magnesium: 24.52mg (6.13%), Vitamin B3: 1.13mg (5.63%), Vitamin B1: 0.08mg (5.37%), Phosphorus: 52.38mg (5.24%), Iron: 0.69mg (3.86%), Calcium: 29.79mg (2.98%), Vitamin B2: 0.04mg (2.56%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.21mg (2.09%)