



Heirloom Tomato Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon peppercorns black
- ☐ 0.5 teaspoon celery seeds
- ☐ 0.3 cup cider vinegar
- ☐ 2 garlic cloves chopped
- ☐ 3 pounds heirloom tomatoes cut into chunks 4 1/2 cups
- ☐ 2 cups onion chopped 1 medium
- ☐ 1 cup bell pepper red chopped 1 small
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 0.3 teaspoon allspice whole
- ☐ 0.5 teaspoon mustard seeds yellow

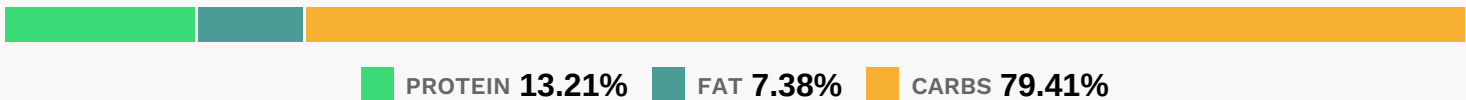
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Prepare garlic; let stand 10 minutes.
- ☐ Place mustard seeds, celery seeds, allspice, and peppercorns on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Combine cheesecloth bag, garlic, tomatoes, and next 3 ingredients (through vinegar) in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Remove cheesecloth bag, and set aside.
- ☐ Place half of tomato mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Strain smooth mixture through a fine mesh sieve back into pan; discard solids. Repeat procedure with remaining cooked tomato mixture.
- ☐ Add cheesecloth bag, sugar, and salt to pan, and bring to a boil. Reduce heat, and simmer, uncovered, until reduced to 1 cup (about 45 minutes).

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:5.2443478807159%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 31.32kcal (1.57%), Fat: 0.28g (0.43%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.19g (1.89%), Sugar: 4.26g (4.73%), Cholesterol: 0mg (0%), Sodium: 78.6mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 25.22mg (30.57%), Vitamin A: 1001.32IU (20.03%), Manganese: 0.17mg (8.51%), Potassium: 258.87mg (7.4%), Vitamin K: 7.38µg (7.03%), Fiber: 1.62g (6.47%), Vitamin B6: 0.13mg (6.25%), Folate: 21.05µg (5.26%), Vitamin E: 0.62mg (4.11%), Magnesium: 13.66mg (3.42%), Copper: 0.06mg (3.2%), Vitamin B1: 0.05mg (3.17%), Vitamin B3: 0.63mg (3.16%), Phosphorus: 30.92mg (3.09%), Iron: 0.38mg (2.1%), Vitamin B2: 0.03mg (1.8%), Calcium: 17mg (1.7%), Zinc: 0.22mg (1.47%), Vitamin B5: 0.13mg (1.34%)