

Homemade Spicy Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.5 teaspoon cinnamon
- ☐ 6 tablespoon t brown sugar dark
- ☐ 1 bay leaves dried
- ☐ 1 tablespoon ground mustard dry
- ☐ 2 medium cloves garlic chopped
- ☐ 1 scotch bonnet peppers seeded finely chopped

- ☐ 0.3 teaspoon mace
- ☐ 1.5 teaspoon olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 teaspoon peppercorns
- ☐ 1 tablespoon salt
- ☐ 4 cardamom pods whole
- ☐ 4 cups tomato purée fresh
- ☐ 2 star anise whole

Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large heavy saucepan over medium heat.
- ☐ Add chopped onion, habanero and garlic. Cook, stirring occasionally, about 10 minutes or until translucent. Stir in brown sugar. Stir in ground clove mixture and mace mixture. Stir in cider vinegar and cook one minute to evaporate vinegar slightly.
- ☐ Stir in tomato puree. Lower heat to a bare simmer and cook 30 to 45 minutes, or until very thick. Stir frequently during last 15 minutes of simmering to prevent scorching.
- ☐ Can for long term or refrigerate up to a week. Makes approximately 20 ounces of ketchup.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:4.0382608900899%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 42.85kcal (2.14%), Fat: 0.61g (0.93%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 8.02g (2.92%), Sugar: 6.24g (6.93%), Cholesterol: 0mg (0%), Sodium: 365.03mg (15.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Manganese: 0.27mg (13.35%), Vitamin C: 6.78mg (8.22%), Copper: 0.16mg (8.2%), Vitamin E: 1.11mg (7.39%), Potassium: 256.2mg (7.32%), Iron: 1.14mg (6.34%), Vitamin A: 284.78IU (5.7%), Fiber: 1.33g (5.33%), Vitamin B6: 0.08mg (4.12%), Vitamin B3: 0.81mg (4.07%), Magnesium: 15.87mg (3.97%), Phosphorus: 27.45mg (2.74%), Vitamin B2: 0.05mg (2.73%), Vitamin B5: 0.25mg (2.49%), Vitamin K: 2.47µg (2.35%), Calcium: 18.89mg (1.89%), Folate: 7.26µg (1.82%), Zinc: 0.26mg (1.76%), Selenium: 1.22µg (1.75%), Vitamin B1: 0.02mg (1.34%)