



Orange-Ginger Catsup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup catsup
- ☐ 0.5 teaspoon ginger fresh minced
- ☐ 0.3 teaspoon fresh-ground pepper
- ☐ 2 tablespoons orange juice
- ☐ 0.3 teaspoon orange peel grated

Equipment

- ☐ bowl
- ☐ oven

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ In a microwave-safe bowl, combine catsup, orange peel, orange juice, ginger, and pepper. Cover loosely with plastic wrap.
- ☐ Heat in a microwave oven at full power (100%) until mixture is bubbling, stirring once or twice, about 1 minute total.
- ☐ Scrape into a small bowl to serve.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:3.1891304073126%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 69.52kcal (3.48%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 18.21g (6.62%), Sugar: 14.22g (15.8%), Cholesterol: 0mg (0%), Sodium: 544.49mg (23.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin C: 11.32mg (13.73%), Vitamin A: 344.22IU (6.88%), Vitamin B2: 0.11mg (6.21%), Potassium: 208.53mg (5.96%), Vitamin E: 0.89mg (5.92%), Vitamin B6: 0.1mg (5.18%), Manganese: 0.09mg (4.74%), Vitamin B3: 0.93mg (4.67%), Copper: 0.06mg (3.16%), Folate: 10.67µg (2.67%), Magnesium: 10.37mg (2.59%), Vitamin K: 2.23µg (2.12%), Phosphorus: 19.11mg (1.91%), Iron: 0.27mg (1.52%), Vitamin B1: 0.02mg (1.51%), Fiber: 0.31g (1.25%), Calcium: 12.46mg (1.25%)