



Roasted Tomato Ketchup



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

Ingredients



0.1 teaspoon allspice



2 tablespoons brown sugar



2 tablespoons cider vinegar



0.1 teaspoon cinnamon



1 clove garlic diced finely



5.5 tablespoons honey



8 servings kosher salt and pepper freshly ground



2 tablespoons olive oil

- ☐ 0.5 medium onion diced finely
- ☐ 0.8 pound tomatoes cored ripe quartered

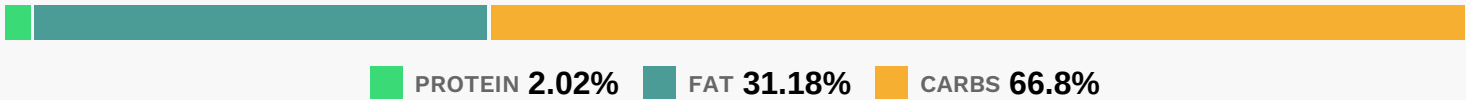
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ In a small bowl, toss the tomatoes in 1 tablespoon of the olive oil and place on a baking sheet. Roast until soft, 10 to 15 minutes.
- ☐ Transfer the tomatoes to a food processor and process until smooth. Strain, pressing against the solids with a wooden spoon to extract as much pulp and juice as possible.
- ☐ Heat the remaining 1 tablespoon of olive oil in a medium saucepan over medium heat until almost smoking, and saute the onion and garlic until translucent.
- ☐ Add the tomato puree, cider vinegar, brown sugar, cinnamon, allspice, and honey, and season with salt and pepper. Continue cooking, uncovered, stirring occasionally, until thick, about 20 minutes. May be refrigerated, covered, up to 2 days.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:6.83, Inflammation Score:-3, Nutrition Score:2.3273913069912%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 98.14kcal (4.91%), Fat: 3.6g (5.53%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 16.66g (6.06%), Sugar: 16.19g (17.99%), Cholesterol: 0mg (0%), Sodium: 197.96mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin C: 6.54mg (7.92%), Vitamin A: 354.66IU (7.09%), Vitamin K: 5.51µg (5.25%), Vitamin E: 0.74mg (4.91%), Manganese: 0.09mg (4.67%), Potassium: 127.09mg (3.63%), Fiber: 0.69g (2.75%), Vitamin B6: 0.05mg (2.59%), Folate: 8.03µg (2.01%), Copper: 0.04mg (1.81%), Magnesium: 6.27mg (1.57%), Vitamin B3: 0.29mg (1.43%), Iron: 0.25mg (1.4%), Phosphorus: 13.83mg (1.38%), Vitamin B1: 0.02mg (1.31%), Calcium: 10.81mg (1.08%)