



Russian Ketchup with Tomatoes & Prunes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



50

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 oz canned tomatoes crushed canned
- ☐ 0.5 cup cider vinegar (maybe more)
- ☐ 5 clove garlic minced peeled (and)
- ☐ 1 teaspoon ground coriander
- ☐ 50 servings kosher salt as needed
- ☐ 0.3 cup olive oil
- ☐ 1 onion minced ()
- ☐ 1 teaspoon pepper flakes red crushed

☐ 3 tablespoon tomato paste

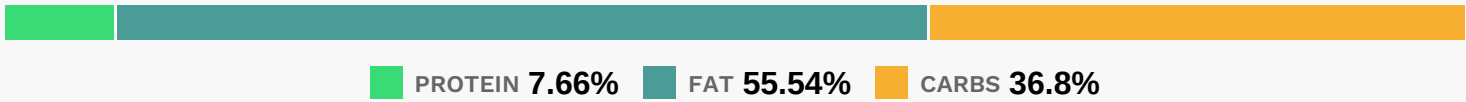
Equipment

☐ sauce pan

Directions

- ☐ Warm the oil in a 4-qt saucepan set over medium heat.
- ☐ Add the minced onion and garlic. Cook, stirring often until softened; 6-8 minutes.
- ☐ Add the coriander, tomato paste, red pepper flakes, prunes and a couple pinches of salt. Cook, stirring often until caramelized; 2-3 minutes. Lower the heat and add the vinegar and tomatoes. Simmer, stirring often until thick; 20 to 30 minutes. Adjust seasoning and/or consistency with salt and vinegar.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.1243478254132%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 17.48kcal (0.87%), Fat: 1.15g (1.76%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.92g (1.03%), Cholesterol: 0mg (0%), Sodium: 223.28mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Vitamin E: 0.41mg (2.74%), Manganese: 0.05mg (2.38%), Vitamin C: 1.94mg (2.35%), Potassium: 63.75mg (1.82%), Copper: 0.04mg (1.77%), Fiber: 0.42g (1.66%), Vitamin B6: 0.03mg (1.65%), Vitamin K: 1.66µg (1.58%), Iron: 0.27mg (1.5%), Vitamin A: 60.7IU (1.21%), Vitamin B3: 0.23mg (1.17%), Magnesium: 4.19mg (1.05%)