



Sweet-and-Tangy Ketchup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 1 cup catsup
- 5 teaspoons juice of lime
- 1 teaspoon lime zest

Equipment

Directions

Stir together all ingredients.

Nutrition Facts

PROTEIN 3.17% **FAT 0.71%** **CARBS 96.12%**

Properties

Glycemic Index:3.2, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.98608696071998%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 29.49kcal (1.47%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 7.9g (2.87%), Sugar: 6.32g (7.02%), Cholesterol: 0mg (0%), Sodium: 218.07mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin A: 124.47IU (2.49%), Vitamin E: 0.36mg (2.38%), Vitamin B2: 0.04mg (2.37%), Vitamin C: 1.79mg (2.17%), Potassium: 72.17mg (2.06%), Vitamin B6: 0.04mg (1.97%), Vitamin B3: 0.35mg (1.74%), Manganese: 0.03mg (1.25%), Copper: 0.02mg (1.09%)