



Healthdor

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Ketchup

Ketchup is a popular condiment made from tomatoes, vinegar, sugar, and various spices. It is commonly used as a topping or dip for burgers, fries, and other foods.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 60 mins

Total Time: 90 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

1000 g	Tomatoes
200 ml	vinegar
100 g	sugar
10 g	Salt
5 g	onion powder
5 g	garlic powder

2 g spices

Directions

Step 1

Cutting

Wash and chop the tomatoes.

Prep Time: 10 mins

Cook Time: 30 mins

Step 2

Boiling

In a large pot, combine the tomatoes, vinegar, sugar, salt, onion powder, garlic powder, and spices.

Prep Time: 5 mins

Cook Time: 30 mins

Step 3

Simmering

Simmer the mixture over low heat for 1 hour, stirring occasionally.

Prep Time: 0 mins

Cook Time: 60 mins

Step 4

Blending

Remove from heat and let cool. Transfer to a blender and blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Straining

Strain the mixture to remove any seeds or pulp. Transfer to sterilized jars and refrigerate.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	1 g	2.63%	4%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Fall

Events

Barbecue

Cuisines

Indian

French

Vietnamese

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

Sugar-Free

Course

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Meal Type

Snack

Supper

Difficulty Level

Easy

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