

Five-Spice Ketchup

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1 cup ketchup
juice of one lime
2 teaspoons five-spice powder
salt and pepper (to taste)

In a small bowl, mix the ketchup, lime juice and five-spice powder.

Season with salt and pepper.

Per Serving (excluding unknown items): 250 Calories; 1g Fat (2.5% calories from fat); 4g Protein; 65g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2846mg Sodium. Exchanges: 4 1/2 Other Carbohydrates.