

Heirloom Tomato Ketchup (Slow Cooker)

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Servings: 4

3 pounds heirloom tomatoes (any variety), skins and seeds removed
1 can (28 ounce) chopped tomatoes
1 medium yellow onion, peeled and chopped
2 cups apple cider vinegar
1/4 cup brown sugar
1/2 cup molasses
2 teaspoons salt
1 teaspoon cornstarch
1/2 teaspoon allspice
1/2 teaspoon ground cloves
1/2 teaspoon black pepper
1/2 teaspoon celery seeds
1/2 teaspoon dry mustard

Slow Cooker: 6 hours

In the bottom of a slow cooker, place the tomatoes, canned tomatoes, onion, vinegar, brown sugar and molasses.

In a small bowl, whisk together the salt, cornstarch, allspice, cloves, pepper, celery seeds and dry mustard.

Pour the spice mixture into the slow cooker. Stir.

Cook on LOW for six hours.

Strain the ketchup and let cool before preserving.

Per Serving (excluding unknown items): 184 Calories; trace Fat (1.7% calories from fat); 1g Protein; 49g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1091mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat; 2 1/2 Other Carbohydrates.

Sauces and Condiments, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	184	Vitamin B6 (mg):	.3mg
% Calories from Fat:	1.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%

Carbohydrate (g):	49g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	1091mg
Potassium (mg):	878mg
Calcium (mg):	123mg
Iron (mg):	3mg
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	196IU
Vitamin A (r.e.):	19 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	2 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	184	Calories from Fat: 3
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% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1091mg	45%
Total Carbohydrates	49g	16%
Dietary Fiber	1g	4%
Protein	1g	

Vitamin A	4%
Vitamin C	13%
Calcium	12%
Iron	18%

* Percent Daily Values are based on a 2000 calorie diet.