

Jerk Spiced Ketchup

Lea & Perrins, Inc.
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3/4 cup ketchup
2 tablespoons jerk seasoning
2 tablespoons steak sauce

In a bowl, stir together the ketchup, jerk seasoning and steak sauce.

Per Serving (excluding unknown items): 206 Calories; 1g Fat (2.7% calories from fat); 3g Protein; 54g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2570mg Sodium. Exchanges: 3 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	206
% Calories from Fat:	2.7%
% Calories from Carbohydrates:	91.9%
% Calories from Protein:	5.4%
Total Fat (g):	1g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	54g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	2570mg
Potassium (mg):	986mg
Calcium (mg):	40mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	32mg
Vitamin A (i.u.):	2109IU
Vitamin A (r.e.):	212RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	29mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	3 1/2

Nutrition Facts

Amount Per Serving

Calories	206	Calories from Fat: 6
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	2570mg	107%
Total Carbohydrates	54g	18%
Dietary Fiber	3g	11%
Protein	3g	

Vitamin A	42%
Vitamin C	53%
Calcium	4%
Iron	9%

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