

Balsamic Glaze

Publix Family Style Magazine - Fall 2011

1/4 cup ketchup

1 tablespoon balsamic vinegar

1 teaspoon brown sugar

In a bowl, stir together the ketchup, vinegar and brown sugar.

Mix well.

Per Serving (excluding unknown items): 76 Calories; trace Fat (2.1% calories from fat); 1g Protein; 20g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 713mg Sodium. Exchanges: 0 Fruit; 1 1/2 Other Carbohydrates.