

Blueberry Ketchup II

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Yield: 2 1/3 cups

2 1/2 cups fresh blueberries, divided
1/2 cup packed brown sugar
1/3 cup red wine vinegar
1 tablespoon lemon juice
1/2 cup ketchup
Kosher salt
black pepper

In a medium saucepan, combine two cups of blueberries, brown sugar, vinegar, lemon juice, 1/2 teaspoon Kosher salt and 1/4 teaspoon pepper. Bring to a boil, stirring to dissolve the sugar. Reduce the heat. Simmer, uncovered, stirring occasionally, for about 20 minutes or until slightly thickened. Remove from the heat. Cool slightly.

Use an immersion blender or transfer to a blender to puree the blueberry mixture until smooth. Let cool (the mixture will thicken).

Stir in the remaining blueberries and ketchup.

Chill for up to two weeks.

Per Serving (excluding unknown items): 756 Calories; 2g Fat (1.9% calories from fat); 4g Protein; 197g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 1489mg Sodium. Exchanges: 3 1/2 Fruit; 9 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	756	Vitamin B6 (mg):	.3mg
% Calories from Fat:	1.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	2g	Folacin (mcg):	44mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g):	197g
Dietary Fiber (g):	11g
Protein (g):	4g
Sodium (mg):	1489mg
Potassium (mg):	1379mg
Calcium (mg):	144mg
Iron (mg):	4mg
Zinc (mg):	1mg
Vitamin C (mg):	72mg
Vitamin A (i.u.):	1585IU
Vitamin A (r.e.):	159RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	3 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	9 1/2

Nutrition Facts

Amount Per Serving

Calories	756	Calories from Fat: 15
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	1489mg	62%
Total Carbohydrates	197g	66%
Dietary Fiber	11g	45%
Protein	4g	
Vitamin A		32%
Vitamin C		120%
Calcium		14%
Iron		22%

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