

# Burger Toppings - Curried Ketchup

*dashrecipes.com*  
*Dash Magazine - July 2013*

*1 cup ketchup*  
*1 teaspoon curry powder (or more to taste)*  
*1/2 teaspoon ground cumin*  
*1/2 teaspoon cayenne pepper*  
*1 clove garlic, minced*

In a bowl, whisk together the ketchup, curry powder, cumin, cayenne pepper and garlic.

Per Serving (excluding unknown items): 261 Calories; 1g Fat (3.6% calories from fat); 4g Protein; 67g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2849mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 4 1/2 Other Carbohydrates.

Sandwiches, Sauces

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	261	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	3.6%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	91.0%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	5.4%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	37mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	67g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	2849mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	1202mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	62mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	4 1/2
<b>Vitamin C (mg):</b>	38mg		

Vitamin A (i.u.): 2819IU  
Vitamin A (r.e.): 283RE

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## Nutrition Facts

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### Amount Per Serving

<b>Calories</b>	261	Calories from Fat: 9
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### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2849mg	119%
<b>Total Carbohydrates</b>	67g	22%
Dietary Fiber	3g	14%
<b>Protein</b>	4g	
<b>Vitamin A</b>		56%
<b>Vitamin C</b>		63%
<b>Calcium</b>		6%
<b>Iron</b>		13%

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