

Jerk Ketchup

Food Network Magazine - June 2011

3/4 cup ketchup

2 tablespoons jerk seasoning

1 tablespoon pineapple or peach preserves

1 tablespoon lime juice

In a small bowl, combine the ketchup, seasoning, preserves and lime juice. Mix well.

Per Serving (excluding unknown items): 191 Calories; 1g Fat (2.5% calories from fat); 3g Protein; 50g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2135mg Sodium. Exchanges: 0 Fruit; 3 Other Carbohydrates.