

# Nailed it! Ryan Wilder's Wicked Easy Paleo Ketchup

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/nailed-it-easter-cookie-recipe>

## Ingredients:

- 12 ounces tomato paste try to find it in BPA-free packaging if possible
- 1 1/2 cups water
- 2 tablespoons vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon all-spice

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 17 grams
3. Fiber: 4 grams
4. Protein: 4 grams
5. Sodium: 680 milligrams
6. Sugar: 10 grams

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