



Vinegar

Vinegar in ketchup may derive from allergenic sources (e.g., apple cider vinegar, wine vinegar). Residual proteins from fruit/yeast fermentation **rarely** trigger reactions in highly sensitive individuals. Not a top-14 allergen but worth noting for severe fruit/yeast allergies.

Nutrients

Recipe preparation steps



Skin Rash or Hives, Swelling (angioedema), Digestive Issues, Itching or Tingling in the Mouth, Difficulty breathing or wheezing, Dizziness or Lightheadedness



Avoid vinegar and vinegar-containing foods, Antihistamines, Topical Creams or Ointments, Epinephrine (for severe reactions), Consult an Allergist, Read food labels carefully

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