



## Baked Plums Madeira

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

### Ingredients

- 3 cups vanilla yogurt frozen low-fat
- 0.3 teaspoon ground cinnamon
- 2 tablespoons orange juice fresh
- 3 tablespoons orange juice fresh
- 1 tablespoon orange rind grated
- 1.5 tablespoons pinenuts toasted
- 6 plums pitted ripe quartered (any variety)
- 3 tablespoons sugar

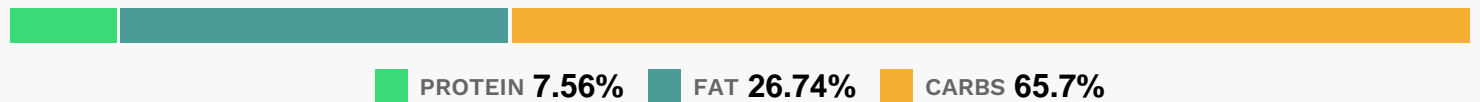
## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 45
- Place plum quarters in an 11 x 7-inch baking dish coated with cooking spray.
- Combine sugar, orange rind, Madeira, orange juice, and cinnamon.
- Drizzle orange juice mixture over plums.
- Bake at 450 for 20 minutes.
- Serve plums over yogurt; top with pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:36.29, Glycemic Load:7.49, Inflammation Score:-4, Nutrition Score:6.2521738682104%

## Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 192.32kcal (9.62%), Fat: 5.98g (9.2%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 31.85g (11.58%), Sugar: 31.1g (34.55%), Cholesterol: 1.44mg (0.48%), Sodium: 62.93mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin C: 15.31mg (18.56%), Manganese: 0.28mg (13.99%), Phosphorus: 120.49mg (12.05%), Vitamin B2: 0.19mg (11.2%), Calcium: 111.38mg (11.14%), Potassium: 301.4mg (8.61%), Vitamin A: 413.84IU (8.28%), Vitamin B5: 0.59mg (5.93%), Magnesium: 22.8mg (5.7%), Vitamin K: 5.83µg (5.55%), Copper: 0.11mg (5.36%), Fiber: 1.2g (4.78%), Vitamin B1: 0.07mg (4.55%), Vitamin B6: 0.09mg (4.33%), Zinc: 0.54mg (3.61%), Selenium: 2.46µg (3.51%), Vitamin B12: 0.21µg (3.48%), Vitamin E: 0.49mg (3.29%), Vitamin B3: 0.66mg (3.29%), Folate: 13.02µg (3.26%), Iron: 0.51mg (2.85%)