



Baked Plums With Orange Custard Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple juice unsweetened
- ☐ 4 servings orange custard sauce
- ☐ 5 plums red pitted quartered
- ☐ 3 tablespoons sugar

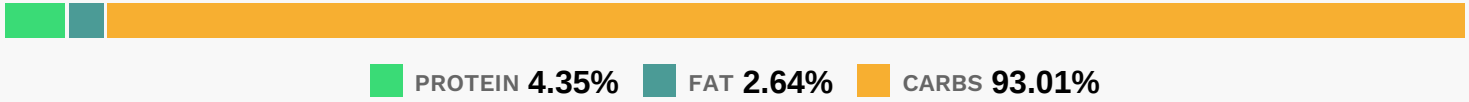
Equipment

- ☐ oven

Directions

- ☐ Prepare Orange Custard Sauce.
- ☐ Place plums in a 9-inch pie plate coated with cooking spray.
- ☐ Sprinkle with sugar.
- ☐ Pour apple juice over plums.
- ☐ Bake at 400 for 18 to 20 minutes or just until plums are tender.
- ☐ Let cool slightly.
- ☐ Spoon warm plums and juice evenly into individual dessert dishes. Top with Orange Custard Sauce.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:13.77, Inflammation Score:-6, Nutrition Score:6.8886956598448%

Flavonoids

Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 122.03kcal (6.1%), Fat: 0.39g (0.6%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 27.39g (9.96%), Sugar: 27.07g (30.08%), Cholesterol: 0mg (0%), Sodium: 0.71mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin C: 55.86mg (67.71%), Fiber: 3.35g (13.38%),

Vitamin A: 487.28IU (9.75%), Potassium: 308.26mg (8.81%), Folate: 31.13µg (7.78%), Vitamin B1: 0.1mg (6.98%), Vitamin K: 5.28µg (5.03%), Copper: 0.09mg (4.5%), Calcium: 42.28mg (4.23%), Vitamin B6: 0.08mg (4.04%), Magnesium: 15.55mg (3.89%), Manganese: 0.08mg (3.86%), Vitamin B2: 0.06mg (3.63%), Vitamin B5: 0.34mg (3.44%), Vitamin B3: 0.61mg (3.05%), Phosphorus: 26.89mg (2.69%), Vitamin E: 0.38mg (2.52%), Iron: 0.25mg (1.41%)