



Balsamic-Plum Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



146 min.

SERVINGS



10

CALORIES



188 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2.5 lb plums diced unpeeled
- ☐ 1.8 oz powdered fruit pectin
- ☐ 1.5 cups sugar

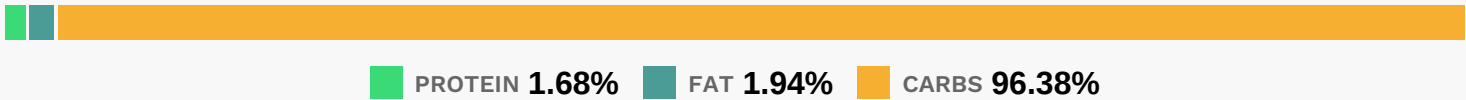
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Stir together all ingredients except basil in a 4-qt. microwave-safe glass bowl.
- ☐ Microwave at HIGH 8 minutes (mixture will boil). Stir mixture, and microwave at HIGH 8 to 10 minutes or until thickened. (You're going for the viscosity of pancake syrup here. The mixture will thicken to soft-set preserves after it cools and chills.) Stir basil into warm preserves. Cool mixture completely (about 2 hours).
- ☐ Serve immediately, or cover and chill preserves in an airtight container until ready to serve. Store in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:25.74, Inflammation Score:-4, Nutrition Score:3.1360869640889%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 188.06kcal (9.4%), Fat: 0.43g (0.66%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 46.1g (16.76%), Sugar: 41.91g (46.56%), Cholesterol: 0mg (0%), Sodium: 11.33mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 10.81mg (13.1%), Fiber: 2.02g (8.07%), Vitamin A: 401.92IU (8.04%), Vitamin K: 8.09µg (7.7%), Potassium: 184.95mg (5.28%), Copper: 0.09mg (4.48%), Manganese: 0.07mg (3.61%), Vitamin B3: 0.47mg (2.37%), Vitamin B2: 0.04mg (2.25%), Magnesium: 8.69mg (2.17%), Vitamin B1: 0.03mg (2.15%), Iron: 0.38mg (2.13%), Vitamin E: 0.3mg (1.98%), Phosphorus: 19.27mg (1.93%), Vitamin B6: 0.03mg (1.68%), Vitamin B5: 0.16mg (1.59%), Folate: 5.86µg (1.46%)