



Broiled Plums with Mango Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



39 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon cinnamon
- 0.5 lb plums pitted cut into 1/2-inch wedges (2 medium)
- 1 tablespoon sugar
- 0.3 teaspoon vanilla
- 3 tablespoons water

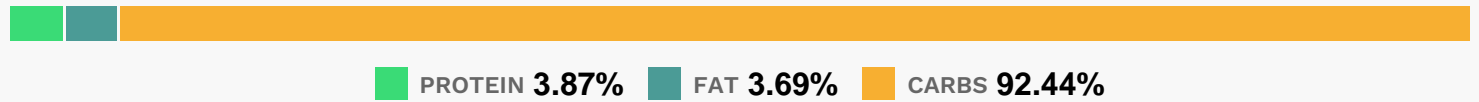
Equipment

- frying pan
- broiler

Directions

- Preheat broiler. Toss plums with sugar, vanilla, and cinnamon in a 1 1/2- to 2-quart (9- to 10-inch round) gratin or other flameproof shallow dish (not glass).
- Let plums stand 5 minutes in dish to macerate.
- Add water to dish and broil plums 6 to 8 inches from heat, gently stirring once or twice, until fruit is softened, 7 to 10 minutes.
- Serve fruit and juice from pan topped with sorbet.
- Plums can be broiled 2 hours ahead and divided among serving dishes while still warm.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:4.29, Inflammation Score:-2, Nutrition Score:1.4539130484766%

Flavonoids

Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 38.51kcal (1.93%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.71g (3.17%), Sugar: 8.65g (9.61%), Cholesterol: 0mg (0%), Sodium: 0.62mg (0.03%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 0.4g (0.8%), Vitamin C: 5.39mg (6.53%), Vitamin A: 195.8IU (3.92%), Vitamin K: 3.65µg (3.47%), Fiber: 0.83g (3.31%), Potassium: 89.72mg (2.56%), Manganese: 0.04mg (2.05%), Copper: 0.03mg (1.74%), Vitamin B3: 0.24mg (1.19%), Vitamin B1: 0.02mg (1.06%), Magnesium: 4.15mg (1.04%)