



## Cinnamon Grilled Plums With Pineapple-Rum Sauce

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 sticks cinnamon (3-inch)
- 0.3 cup brown sugar dark
- 0.3 cup rum dark
- 0.5 teaspoon ground cinnamon
- 4 teaspoons lemon rind grated
- 8 strips lemon rind (1-inch-wide)
- 0.5 cup pineapple juice fresh canned

- 4 large plums pitted ripe quartered
- 3 tablespoons butter unsalted
- 2 pints whipped cream frozen low-fat
- 8 large wine glasses chilled

## Equipment

- frying pan
- sauce pan
- whisk
- grill
- skewers
- metal skewers

## Directions

- Place pineapple juice in a heavy saucepan over high heat; bring to a boil, and cook until reduced by half (3–5 minutes).
- Remove pan from heat and add rum. Return to heat, add sugar, butter, and cinnamon to juice mixture; boil 3–5 minutes or until thick, stirring well with a whisk.
- Remove from heat, and set aside.
- Using a metal skewer, make a starter hole in the center of each plum quarter (from skin side to pit side). Skewer 2 plum quarters on each cinnamon stick, facing the same way, placing a strip of lemon rind between each plum quarter. (The recipe can be prepared several hours in advance up to this point.)
- Set up your grill for direct grilling, and preheat grill to high. Clean and oil grate.
- Arrange the plum kebabs on grate, and grill 3–5 minutes per side or until sizzling and golden, basting lightly with pineapple–rum sauce.
- When the kebabs are nearly done, scoop the ice cream or frozen yogurt into glasses. Top each portion with a plum kebab; drizzle with remaining sauce, and garnish with grated lemon rind.
- Serve immediately.

## Nutrition Facts

PROTEIN 7.75% FAT 28.66% CARBS 63.59%

## Properties

Glycemic Index:20.08, Glycemic Load:14.62, Inflammation Score:-5, Nutrition Score:8.8765218050584%

## Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

## Nutrients (% of daily need)

Calories: 327.74kcal (16.39%), Fat: 10.13g (15.59%), Saturated Fat: 6.18g (38.64%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 47.59g (17.31%), Sugar: 37.73g (41.92%), Cholesterol: 43.23mg (14.41%), Sodium: 90.94mg (3.95%), Alcohol: 2.61g (100%), Alcohol %: 1.72% (100%), Protein: 6.17g (12.33%), Manganese: 0.74mg (36.89%), Calcium: 240.4mg (24.04%), Vitamin B2: 0.32mg (18.75%), Vitamin A: 787.44IU (15.75%), Phosphorus: 132.9mg (13.29%), Fiber: 2.98g (11.93%), Vitamin C: 8.75mg (10.6%), Potassium: 347.4mg (9.93%), Vitamin B12: 0.56µg (9.42%), Zinc: 1mg (6.63%), Vitamin B5: 0.66mg (6.56%), Magnesium: 23.95mg (5.99%), Vitamin B1: 0.08mg (5.55%), Vitamin B6: 0.09mg (4.52%), Vitamin K: 4.13µg (3.93%), Iron: 0.7mg (3.89%), Selenium: 2.64µg (3.78%), Copper: 0.07mg (3.45%), Folate: 12.12µg (3.03%), Vitamin E: 0.44mg (2.94%), Vitamin B3: 0.4mg (1.98%), Vitamin D: 0.2µg (1.31%)