

Dulce de Leche Fruit Gratin

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- 7.5 oz blueberries
- 6 tablespoons dulce de leche
- 2 tablespoons hazelnuts (with skin), chopped
- 4 small plums (pitted ripe quartered)

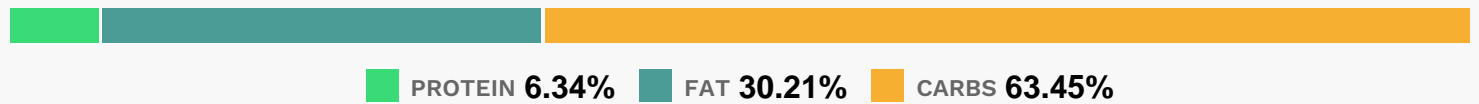
Equipment

- baking sheet
- broiler

Directions

- Preheat broiler.
- Spread 1 1/2 tablespoons dulce de leche evenly on bottom of each gratin dish, then divide blueberries evenly among dishes. Arrange 4 plum quarters in each dish.
- Put gratin dishes on a baking sheet and broil 4 to 6 inches from heat until dulce de leche begins to bubble, about 4 minutes, then sprinkle evenly with nuts and broil until nuts are browned, 1 to 2 minutes more.
- Serve warm.
- *Available at some supermarkets and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:5.18, Inflammation Score:-4, Nutrition Score:5.3873912717985%

Flavonoids

Cyanidin: 8.55mg, Cyanidin: 8.55mg, Cyanidin: 8.55mg, Cyanidin: 8.55mg Petunidin: 16.76mg, Petunidin: 16.76mg, Petunidin: 16.76mg, Petunidin: 16.76mg Delphinidin: 18.83mg, Delphinidin: 18.83mg, Delphinidin: 18.83mg, Delphinidin: 18.83mg Malvidin: 35.93mg, Malvidin: 35.93mg, Malvidin: 35.93mg, Malvidin: 35.93mg Peonidin: 10.99mg, Peonidin: 10.99mg, Peonidin: 10.99mg, Peonidin: 10.99mg Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg Gallic acid: 0.12mg, Gallic acid: 0.12mg, Gallic acid: 0.12mg, Gallic acid: 0.12mg

Nutrients (% of daily need)

Calories: 92.06kcal (4.6%), Fat: 3.4g (5.23%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 13.38g (4.87%), Sugar: 12.06g (13.4%), Cholesterol: 0mg (0%), Sodium: 0.53mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Manganese: 0.52mg (26.08%), Vitamin K: 15.19µg (14.47%), Vitamin C: 11.74mg (14.23%), Fiber: 2.68g (10.74%), Vitamin E: 1.22mg (8.16%), Copper: 0.15mg (7.7%), Vitamin A:

257.4IU (5.15%), Potassium: 178.55mg (5.1%), Vitamin B1: 0.07mg (4.69%), Magnesium: 15.96mg (3.99%), Vitamin B6: 0.07mg (3.75%), Phosphorus: 31.44mg (3.14%), Folate: 12.14µg (3.03%), Vitamin B3: 0.59mg (2.94%), Iron: 0.5mg (2.76%), Vitamin B2: 0.04mg (2.62%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.27mg (1.82%), Calcium: 12.85mg (1.28%)