



Flapjack baked plums



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 9 plums
- ☐ 2 tbsp g muscovado sugar light
- ☐ 3 orange juice
- ☐ 50 g butter
- ☐ 2 tbsp golden syrup
- ☐ 50 g oatmeal

Equipment

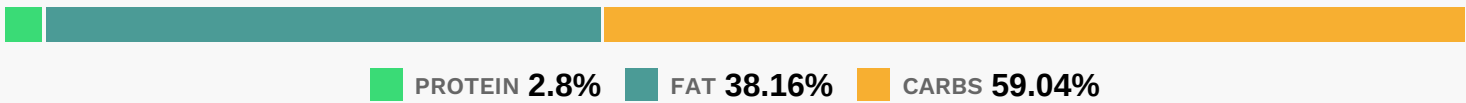
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 190C/fan 170/gas
- ☐ Halve the plums and arrange in a snug layer in one large or 4–6 individual shallow, ovenproof dishes.
- ☐ Sprinkle over the sugar and squeeze over all the orange juice. Press a sheet of baking parchment down over the plums and bake for 20–25 mins, until they start to soften.
- ☐ Meanwhile, heat the butter with the syrup or honey in a pan.
- ☐ Remove from the heat and stir in the oats until they are evenly coated.
- ☐ Remove parchment, roughly spoon oats over the plums, then return to the oven for a further 10 mins, until the topping is crisp and golden and the plums are tender.
- ☐ Serve warm with crme frache or ice cream if you are feeling indulgent, or fromage fraais or low-fat yogurt if not.

Nutrition Facts



Properties

Glycemic Index:66.04, Glycemic Load:14.4, Inflammation Score:-7, Nutrition Score:6.7208695450555%

Flavonoids

Cyanidin: 8.36mg, Cyanidin: 8.36mg, Cyanidin: 8.36mg, Cyanidin: 8.36mg Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.75mg, Epicatechin: 4.75mg, Epicatechin: 4.75mg, Epicatechin: 4.75mg Epicatechin 3–gallate: 1.13mg, Epicatechin 3–gallate: 1.13mg, Epicatechin 3–gallate: 1.13mg, Epicatechin 3–gallate: 1.13mg Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 245.06kcal (12.25%), Fat: 10.83g (16.67%), Saturated Fat: 6.5g (40.62%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 35.33g (12.85%), Sugar: 33.09g (36.76%), Cholesterol: 26.88mg (8.96%), Sodium: 83mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Vitamin C: 36.61mg (44.37%), Vitamin A: 914.7IU (18.29%), Vitamin K: 10.46µg (9.96%), Potassium: 342.88mg (9.8%), Fiber: 2.38g (9.53%), Manganese: 0.16mg (7.99%), Vitamin B1: 0.09mg (6.15%), Copper: 0.12mg (5.83%), Folate: 22.11µg (5.53%), Magnesium: 19.51mg (4.88%), Vitamin E: 0.7mg (4.69%), Phosphorus: 44.28mg (4.43%), Vitamin B3: 0.84mg (4.2%), Vitamin B5: 0.35mg (3.47%), Vitamin B2: 0.06mg (3.43%), Vitamin B6: 0.06mg (3.23%), Iron: 0.5mg (2.78%), Calcium: 22.97mg (2.3%), Zinc: 0.31mg (2.06%), Selenium: 0.92µg (1.31%)