



## Fresh-Plum Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



26 kcal

SAUCE

### Ingredients



0.8 pound plums sliced



0.3 cup sugar



2 tablespoons water

### Equipment



food processor

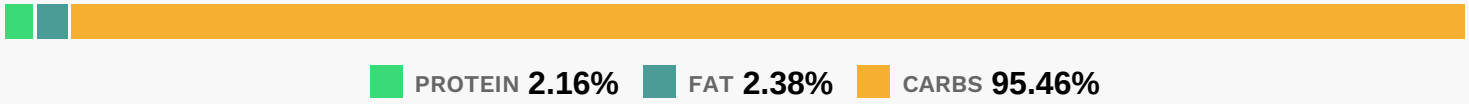


sauce pan

# Directions

- ☐ Combine all ingredients in a saucepan. Cover; bring to a simmer over medium–low heat. Reduce heat to low; cook for 15 minutes or until plums are tender. Cool slightly.
- ☐ Place in a food processor, and pulse 6 times or until chunky.

## Nutrition Facts



## Properties

Glycemic Index:6.8, Glycemic Load:3.73, Inflammation Score:-1, Nutrition Score:0.53391304644554%

## Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 25.82kcal (1.29%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.28g (2.28%), Sugar: 6.27g (6.96%), Cholesterol: 0mg (0%), Sodium: 0.14mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 2.02mg (2.45%), Vitamin A: 73.35IU (1.47%), Vitamin K: 1.36µg (1.3%), Fiber: 0.3g (1.19%)