




Grilled Nectarines and Plums with Vanilla Bean Syrup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds toasted sliced chopped
- 2 cups cherries pitted halved
- 0.3 cup honey
- 1 tablespoon honey
- 2 tablespoons mascarpone cheese
- 4 nectarines pitted halved
- 4 plums pitted halved

- 3 inch vanilla pod split
- 2 cups water
- 0.3 cup cool whip fat-free frozen thawed

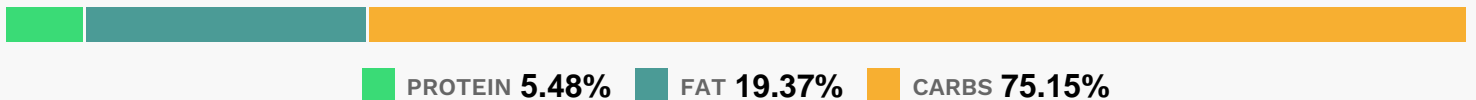
Equipment

- bowl
- sauce pan
- grill

Directions

- Preheat grill.
- Combine 2 cups water and 1/3 cup honey in a small saucepan over medium-high heat. Scrape seeds from the vanilla bean, and add seeds to honey mixture. Discard bean. Bring to a boil. Cook until reduced to 1 1/4 cups (about 15 minutes).
- Combine whipped topping, cheese, and 1 tablespoon honey, stirring until smooth. Set aside.
- Lightly coat both sides of nectarines and plums with cooking spray.
- Place nectarines and plums, cut side down, on a grill rack coated with cooking spray. Grill 2 minutes on each side or until soft.
- Place 1 nectarine half and 1 plum half in each of 8 shallow bowls. Top each serving with 1/4 cup cherries; drizzle each with 2 tablespoons honey mixture. Spoon 2 teaspoons cheese mixture over each serving; sprinkle each serving with 3/4 teaspoon nuts.

Nutrition Facts



Properties

Glycemic Index:27.28, Glycemic Load:11.9, Inflammation Score:-4, Nutrition Score:4.4465217590332%

Flavonoids

Cyanidin: 13.85mg, Cyanidin: 13.85mg, Cyanidin: 13.85mg, Cyanidin: 13.85mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 152.61kcal (7.63%), Fat: 3.56g (5.47%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 28.43g (10.34%), Sugar: 27.53g (30.59%), Cholesterol: 4.13mg (1.38%), Sodium: 16.63mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Fiber: 2.61g (10.43%), Vitamin C: 7.69mg (9.32%), Vitamin A: 428.28IU (8.57%), Vitamin E: 1.19mg (7.9%), Manganese: 0.15mg (7.51%), Potassium: 250.98mg (7.17%), Copper: 0.14mg (6.97%), Vitamin B3: 1.11mg (5.53%), Vitamin B2: 0.09mg (5.21%), Magnesium: 20.36mg (5.09%), Phosphorus: 45.27mg (4.53%), Vitamin K: 4.26µg (4.06%), Vitamin B1: 0.05mg (3.42%), Iron: 0.56mg (3.1%), Vitamin B6: 0.05mg (2.73%), Vitamin B5: 0.27mg (2.68%), Calcium: 25.17mg (2.52%), Folate: 9.12µg (2.28%), Zinc: 0.33mg (2.23%)