



Grilled Plums with Rosemary Balsamic Glaze & Mascarpone

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup honey
- ☐ 4 servings lemon zest for garnish
- ☐ 0.5 cup mascarpone cheese at room temperature
- ☐ 1 tablespoon rosemary leaves
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water plus more for soaking

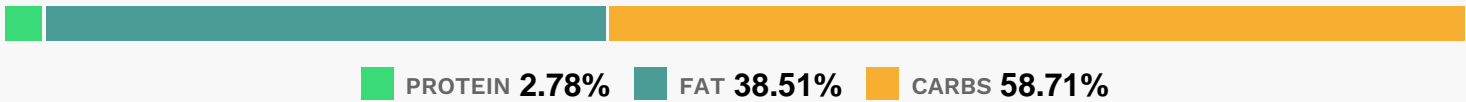
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ skewers

Directions

- ☐ Make the glaze: Stir together first 3 ingredients in a medium saucepan over medium-high heat. Bring to a boil, stirring occasionally, and boil 1 minute or until sugar is dissolved.
- ☐ Remove from heat, and let stand 30 minutes.
- ☐ Pour liquid through a wire-mesh strainer into a cruet or airtight container, discarding rosemary sprigs. While the liquid is still warm stir in the honey and balsamic. Glaze may be stored in refrigerator up to 1 month. Stir about 1 tablespoon of the glaze into the mascarpone cheese until well combined. Set aside. Cover the plums with col water and let them hydrate about 20 minutes. Also soak 4 sturdy rosemary branches or bamboo skewers in water for about 10 minutes. Thread 3 plum halves onto each one. Move the skewers to a plate.
- ☐ Brush the fruit generously with the glaze. Prepare barbecue for medium-high heat. Grill the plums over indirect heat until heated through, turning once, about 2-3 minutes per each side.
- ☐ Brush with a bit more glaze during cooking. Arrange each skewer, cut side up, on an individual serving plate. Spoon some creme mascarpone mixture into the plate.
- ☐ Garnish with lemon zest.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:60.59, Glycemic Load:26.97, Inflammation Score:-3, Nutrition Score:1.0469564918591%

Nutrients (% of daily need)

Calories: 292.49kcal (14.62%), Fat: 12.81g (19.71%), Saturated Fat: 7.91g (49.45%), Carbohydrates: 43.95g (14.65%),
Net Carbohydrates: 43.68g (15.88%), Sugar: 42.95g (47.72%), Cholesterol: 28.13mg (9.38%), Sodium: 19.23mg
(0.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin A: 409.49IU (8.19%), Calcium:
49.53mg (4.95%), Manganese: 0.03mg (1.63%), Iron: 0.28mg (1.55%), Fiber: 0.28g (1.11%)