



Grilled Plums with Spiced Walnut Yogurt Sauce

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- 2 teaspoons canola oil
- 1 cup greek yogurt
- 0.3 teaspoon ground cinnamon
- 1 pinch ground cinnamon
- 1 tablespoon honey
- 2 tablespoons orange juice fresh
- 1 pinch orange zest finely grated

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- 6 plums pitted halved
- 0.3 cup walnuts toasted finely chopped

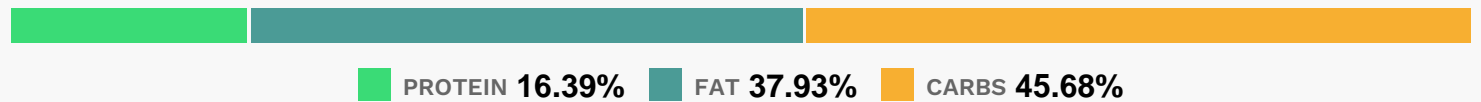
Equipment

- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- Heat grill to high.
- Brush cut side of plums with oil, drizzle with 1 tablespoon honey, and sprinkle with a pinch each of cinnamon and orange zest.
- Place plums on the grill, cut side down, and grill for 2 minutes or until golden brown and slightly caramelized. Turn over and grill until just heated through, approximately 1 minute longer.
- Place 3 plum halves in each of 4 bowls and top with a few tablespoons of the Spiced Walnut Yogurt Sauce.
- Whisk all ingredients together in a small bowl. Cover and refrigerate if not using right away.

Nutrition Facts



Properties

Glycemic Index:43.23, Glycemic Load:6.64, Inflammation Score:-4, Nutrition Score:6.8478261180546%

Flavonoids

Cyanidin: 5.77mg, Cyanidin: 5.77mg, Cyanidin: 5.77mg, Cyanidin: 5.77mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epicatechin 3-gallate: 0.75mg

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Nutrients (% of daily need)

Calories: 162.49kcal (8.12%), Fat: 7.25g (11.15%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 17.57g (6.39%), Sugar: 16.67g (18.53%), Cholesterol: 2.5mg (0.83%), Sodium: 18.48mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin C: 14.8mg (17.94%), Manganese: 0.34mg (17.08%), Phosphorus: 111.07mg (11.11%), Vitamin B2: 0.18mg (10.74%), Copper: 0.19mg (9.41%), Fiber: 2.08g (8.3%), Potassium: 280.25mg (8.01%), Selenium: 5.37µg (7.67%), Vitamin K: 8.02µg (7.64%), Vitamin A: 365.68IU (7.31%), Calcium: 72.82mg (7.28%), Magnesium: 25.29mg (6.32%), Vitamin B12: 0.35µg (5.83%), Vitamin B6: 0.11mg (5.31%), Vitamin B1: 0.07mg (4.82%), Folate: 18.51µg (4.63%), Vitamin E: 0.67mg (4.49%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.36mg (3.65%), Vitamin B3: 0.65mg (3.25%), Iron: 0.48mg (2.64%)