



Honey Glazed Plums with Almonds and Crème Fraîche



Vegetarian



Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons almonds toasted chopped
- ☐ 4 tablespoons crème fraîche
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 3 tablespoons honey
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 4 large plums pitted halved

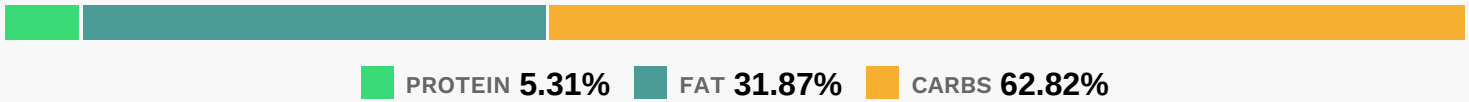
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine honey, thyme, and lemon juice in a large bowl.
- ☐ Add pitted and halved plums; toss gently to coat. Arrange plum halves, cut sides down, on grill rack coated with cooking spray; grill 3 minutes or until plums are well marked. Turn; grill 3 minutes or until tender. Arrange 2 plum halves on each of 4 plates; top each serving with 1 tablespoon crme frache and 1 1/2 teaspoons chopped toasted almonds.

Nutrition Facts



Properties

Glycemic Index:36.48, Glycemic Load:9.38, Inflammation Score:-5, Nutrition Score:3.8121739120587%

Flavonoids

Cyanidin: 3.84mg, Cyanidin: 3.84mg, Cyanidin: 3.84mg, Cyanidin: 3.84mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 131.34kcal (6.57%), Fat: 5.01g (7.71%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 20.62g (7.5%), Sugar: 20.12g (22.36%), Cholesterol: 7.08mg (2.36%), Sodium: 4.43mg (0.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin E: 1.5mg (9.99%), Vitamin C: 7.1mg (8.6%), Manganese: 0.17mg (8.34%), Fiber: 1.62g (6.47%), Vitamin A: 314.42IU (6.29%), Vitamin B2: 0.1mg (5.98%),

Magnesium: 20.07mg (5.02%), Copper: 0.1mg (4.92%), Potassium: 165.63mg (4.73%), Phosphorus: 44.67mg (4.47%), Vitamin K: 4.4µg (4.19%), Calcium: 31.52mg (3.15%), Vitamin B3: 0.49mg (2.46%), Iron: 0.42mg (2.31%), Vitamin B1: 0.03mg (2.09%), Zinc: 0.3mg (2.01%), Vitamin B6: 0.04mg (1.79%), Folate: 6.77µg (1.69%), Vitamin B5: 0.17mg (1.65%), Selenium: 0.78µg (1.11%)