



Honey-Roasted Plums with Thyme and Crème Fraîche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 6 servings crème fraîche
- ☐ 0.5 cup brown sugar dark packed ()
- ☐ 0.3 cup honey
- ☐ 2 pounds but plums assorted firm pitted ripe halved
- ☐ 0.5 cup thyme sprigs fresh
- ☐ 6 servings additional thyme sprigs fresh
- ☐ 4 tablespoons butter unsalted ()

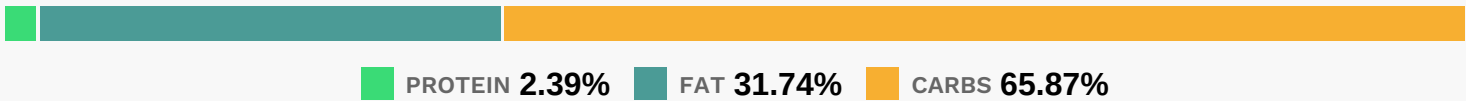
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 475°F. Stir first 4 ingredients in large ovenproof nonstick skillet over high heat until butter melts. Cook 2 minutes, stirring constantly (mixture will bubble vigorously).
- ☐ Add plum halves, cut side down. Cook plums without stirring for 2 minutes. Turn plums over and transfer skillet to oven. Roast until caramel is deep brown, checking frequently to prevent burning, about 4 minutes.
- ☐ Divide plum halves among 6 plates. Spoon sauce from skillet over plums, leaving most of thyme sprigs behind.
- ☐ Drizzle plums with crème fraîche, garnish with additional thyme sprigs, and serve.

Nutrition Facts



Properties

Glycemic Index:30.16, Glycemic Load:12.14, Inflammation Score:-10, Nutrition Score:6.4321739621784%

Flavonoids

Cyanidin: 8.51mg, Cyanidin: 8.51mg, Cyanidin: 8.51mg, Cyanidin: 8.51mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.84mg, Epicatechin: 4.84mg, Epicatechin: 4.84mg, Epicatechin: 4.84mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 277.64kcal (13.88%), Fat: 10.4g (16%), Saturated Fat: 6.05g (37.84%), Carbohydrates: 48.58g (16.19%), Net Carbohydrates: 45.77g (16.64%), Sugar: 44.79g (49.77%), Cholesterol: 27.15mg (9.05%), Sodium: 10.87mg (0.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 22.15mg (26.85%), Vitamin A: 1055.3IU (21.11%), Fiber: 2.81g (11.24%), Vitamin K: 10.51µg (10.01%), Manganese: 0.19mg (9.25%), Potassium: 315.28mg (9.01%), Iron: 1.29mg (7.14%), Copper: 0.13mg (6.5%), Calcium: 58.73mg (5.87%), Magnesium: 21.5mg (5.38%), Vitamin B2: 0.09mg (5.32%), Vitamin E: 0.66mg (4.37%), Phosphorus: 41.88mg (4.19%), Vitamin B3: 0.77mg (3.85%), Vitamin B6: 0.08mg (3.82%), Vitamin B1: 0.05mg (3.17%), Vitamin B5: 0.31mg (3.08%), Folate: 11.16µg (2.79%), Zinc: 0.32mg (2.14%), Selenium: 0.87µg (1.24%)