



Italian Plum Betty

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- 1 pound plums italian pitted cut into 1/4 -inch wedges
- 1 tablespoon rum
- 3 tablespoons sugar
- 1.5 tablespoons butter unsalted melted
- 1 pint whipped cream
- 2 large anisette toasts

Equipment

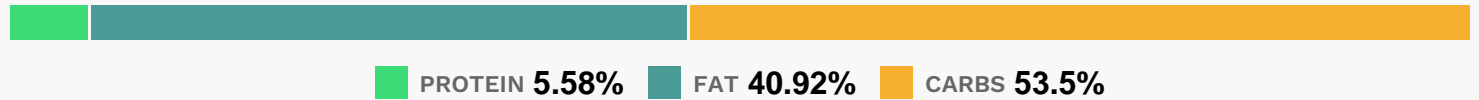
- food processor

- oven
- baking pan
- rolling pin

Directions

- Preheat the oven to 350°F. Generously butter a 9-inch-round or 8-inch-square nonreactive baking dish. Toss the plums with the sugar and rum; arrange in the prepared dish in an even layer. With a rolling pin, crush the toasts in a bag to 1/4 -inch crumbs. (Or pulse in a food processor.) Toss the crumbs with the butter; scatter over the fruit.
- Bake for about 15 minutes until the plums are soft and the top is golden.
- Serve warm or at room temperature over ice cream.

Nutrition Facts



Properties

Glycemic Index:30.79, Glycemic Load:18.13, Inflammation Score:-5, Nutrition Score:5.1691304393437%

Flavonoids

Cyanidin: 4.26mg, Cyanidin: 4.26mg, Cyanidin: 4.26mg, Cyanidin: 4.26mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 261.99kcal (13.1%), Fat: 11.91g (18.33%), Saturated Fat: 7.17g (44.78%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 33.26g (12.1%), Sugar: 30.38g (33.75%), Cholesterol: 42.22mg (14.07%), Sodium: 76.06mg (3.31%), Alcohol: 0.83g (100%), Alcohol %: 0.63% (100%), Protein: 3.65g (7.3%), Vitamin A: 680.29IU (13.61%), Vitamin B2: 0.21mg (12.43%), Calcium: 106.38mg (10.64%), Phosphorus: 95.84mg (9.58%), Vitamin C: 7.66mg (9.28%), Potassium: 276.64mg (7.9%), Fiber: 1.78g (7.11%), Vitamin B5: 0.56mg (5.64%), Vitamin B12: 0.31µg (5.23%), Vitamin K: 5.32µg (5.07%), Zinc: 0.62mg (4.16%), Magnesium: 16.4mg (4.1%), Vitamin B1: 0.05mg (3.59%), Vitamin E: 0.51mg (3.43%), Copper: 0.06mg (3.14%), Vitamin B6: 0.06mg (3%), Manganese: 0.05mg (2.32%), Selenium: 1.49µg (2.13%),

Vitamin B3: 0.41mg (2.04%), Folate: 7.83µg (1.96%), Vitamin D: 0.21µg (1.4%), Iron: 0.2mg (1.13%)