



Peppered plums with almond ice



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp peppercorns black generous crushed
- ☐ 397 g condensed milk canned
- ☐ 2 tsp little demerara sugar generous
- ☐ 300 ml full-fat milk
- ☐ 50 g ground almonds
- ☐ 5 tbsp maple syrup for drizzling
- ☐ 9 plums halved
- ☐ 50 g caster sugar

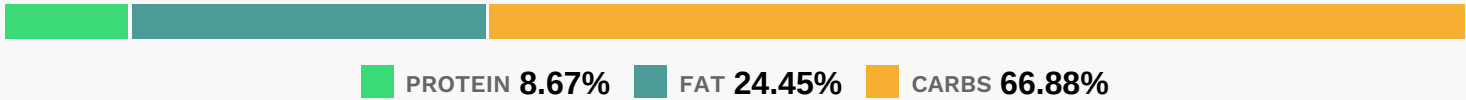
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ ice cream machine

Directions

- ☐ To make the almond ice, put the milk in a pan with the ground almonds and sugar and bring to the boil. Simmer for 2–3 mins, then pour into a bowl and cool. Strain through a fine sieve, squeezing every last drop of milk and flavour from the almonds with the back of a spoon.
- ☐ Whisk together the almond milk with the condensed milk, adding a few drops of almond extract to taste, if you like. Churn in an ice cream machine for 15–20 mins, then freeze. Can be made up to 2 weeks ahead. Put a serving bowl for the almond ice in the freezer. Arrange the plums on a deep baking tray, cut side up.
- ☐ Mix together the crushed peppercorns and demerara sugar and sprinkle over the plums. Can be done up to 2 hrs ahead.
- ☐ Drizzle the maple syrup on top. Put under a preheated grill for 6–10 mins until the plums are tender. Now finish it in style. While the plums are grilling, scoop out spoonfuls of the almond ice into the chilled bowl. Return to the freezer until the plums are ready. Arrange the plum on a platter and pour over the syrup from the tray.
- ☐ Serve warm with almond ice and flaked almonds.

Nutrition Facts



Properties

Glycemic Index:46.04, Glycemic Load:36.71, Inflammation Score:-5, Nutrition Score:11.155652015106%

Flavonoids

Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg 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, Epicatechin 3–gallate: 0.75mg, Epicatechin 3–gallate: 0.75mg, Epicatechin 3–gallate: 0.75mg Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 421kcal (21.05%), Fat: 11.86g (18.25%), Saturated Fat: 4.91g (30.69%), Carbohydrates: 72.98g (24.33%), Net Carbohydrates: 70.53g (25.65%), Sugar: 68.42g (76.02%), Cholesterol: 28.68mg (9.56%), Sodium: 105.4mg (4.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Vitamin B2: 0.59mg (34.51%), Calcium: 296.46mg (29.65%), Manganese: 0.54mg (26.77%), Phosphorus: 236.5mg (23.65%), Selenium: 10.86µg (15.51%), Potassium: 526.12mg (15.03%), Vitamin C: 11.13mg (13.49%), Vitamin A: 605.76IU (12.12%), Fiber: 2.45g (9.82%), Vitamin B12: 0.57µg (9.49%), Magnesium: 35.11mg (8.78%), Vitamin B1: 0.13mg (8.53%), Vitamin B5: 0.83mg (8.33%), Vitamin K: 8.09µg (7.7%), Zinc: 1.06mg (7.06%), Vitamin B6: 0.1mg (4.8%), Vitamin D: 0.7µg (4.66%), Iron: 0.71mg (3.94%), Copper: 0.08mg (3.87%), Vitamin B3: 0.63mg (3.14%), Folate: 12.35µg (3.09%), Vitamin E: 0.4mg (2.64%)