



Pickled Prunes

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



1636 kcal

SIDE DISH

Ingredients

- 3 allspice
- 1 bay leaves
- 0.3 teaspoon peppercorns black
- 1 small blood orange zest with peeler
- 0.3 cup brown sugar
- 1 teaspoon ginger fresh grated
- 4 cardamom pods green
- 0.3 cup honey

- 1 pound prune- cut to pieces pitted
- 0.1 teaspoon pepper red
- 1 cup red wine vinegar
- 1 pinch sea salt
- 1 star anise

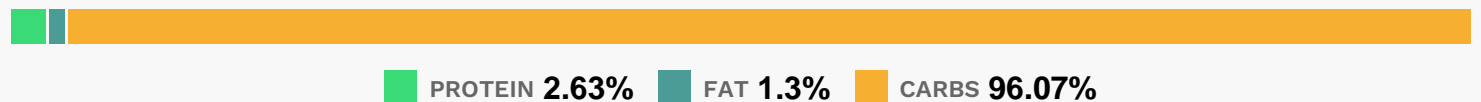
Equipment

- frying pan
- sauce pan

Directions

- Combine prunes and red wine vinegar in a medium saucepan.
- Add strips of blood orange zest and juice the fruit into the pan.
- Add the rest of the ingredients and bring to a simmer.
- Cook for 15-20 minutes, until the prunes have plumped and the liquid has reduced to a thin syrup.
- Remove pan from heat and let prunes cool a little.
- Spoon into a jar and refrigerate. Pickled prunes will keep in the fridge for up to one month.

Nutrition Facts



Properties

Glycemic Index:153.27, Glycemic Load:111.52, Inflammation Score:-10, Nutrition Score:41.23782603637%

Flavonoids

Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 1636.06kcal (81.8%), Fat: 2.54g (3.91%), Saturated Fat: 0.5g (3.09%), Carbohydrates: 421.98g (140.66%), Net Carbohydrates: 386.62g (140.59%), Sugar: 295.81g (328.67%), Cholesterol: 0mg (0%), Sodium: 92.2mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.13%), Vitamin K: 271.95µg (259%), Manganese: 4mg (199.92%), Fiber: 35.36g (141.45%), Potassium: 3668.24mg (104.81%), Vitamin A: 3637.81IU (72.76%), Copper: 1.42mg (70.96%), Magnesium: 226.06mg (56.51%), Vitamin B2: 0.9mg (52.93%), Vitamin B6: 1.01mg (50.67%), Vitamin B3: 8.89mg (44.43%), Iron: 7.76mg (43.12%), Phosphorus: 360.16mg (36.02%), Calcium: 307.69mg (30.77%), Vitamin B5: 2.08mg (20.79%), Zinc: 2.96mg (19.74%), Vitamin B1: 0.25mg (16.96%), Vitamin E: 2.06mg (13.77%), Vitamin C: 7.86mg (9.52%), Folate: 21.55µg (5.39%), Selenium: 2.89µg (4.13%)