



Plum Betty

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple juice
- ☐ 0.8 cup breadcrumbs fresh
- ☐ 0.8 cup oatmeal-raisin cookie crumbs such as archway) soft
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons butter melted
- ☐ 1.5 pounds plums sliced
- ☐ 0.7 cup sugar

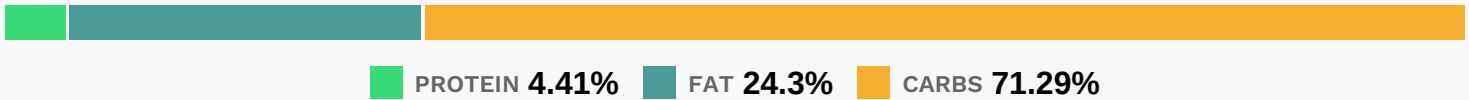
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a bowl, and toss gently.
- ☐ Combine the breadcrumbs, cookie crumbs, and margarine; toss with a fork.
- ☐ Sprinkle 1/3 cup breadcrumb mixture in bottom of a 1 1/2-quart casserole coated with cooking spray. Top with half of plum mixture; sprinkle with 1/3 cup breadcrumb mixture. Top with remaining plum mixture; sprinkle with remaining breadcrumb mixture. Cover with lid; bake at 350 for 35 to 40 minutes. Uncover; bake an additional 15 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:36.42, Glycemic Load:25.24, Inflammation Score:-5, Nutrition Score:6.4095652258914%

Flavonoids

Cyanidin: 6.39mg, Cyanidin: 6.39mg, Cyanidin: 6.39mg, Cyanidin: 6.39mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 292.71kcal (14.64%), Fat: 8.15g (12.53%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 53.78g (17.93%), Net Carbohydrates: 51.32g (18.66%), Sugar: 37.69g (41.88%), Cholesterol: 0mg (0%), Sodium: 187.49mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Vitamin B1: 0.21mg (13.9%), Manganese: 0.27mg (13.6%), Vitamin C: 10.86mg (13.16%), Vitamin A: 569.47IU (11.39%), Fiber: 2.46g (9.84%), Vitamin K: 9.58µg (9.12%), Vitamin B3: 1.79mg (8.94%), Vitamin B2: 0.13mg (7.67%), Folate: 30.3µg (7.57%), Iron: 1.25mg (6.95%), Potassium: 226.19mg (6.46%), Selenium: 4.32µg (6.18%), Copper: 0.11mg (5.67%), Vitamin E: 0.76mg (5.07%), Phosphorus: 50.37mg (5.04%), Magnesium: 16.11mg (4.03%), Calcium: 37.03mg (3.7%), Vitamin B6: 0.06mg (3.01%), Vitamin B5:

0.27mg (2.74%), Zinc: 0.38mg (2.51%)