



Plum Buckle

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



393 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 lb butter at room temperature
- 2 large eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 teaspoon lemon zest grated
- 0.3 cup milk

- 1.3 lb plums unpeeled sliced
- 0.3 teaspoon salt
- 1 cup sugar

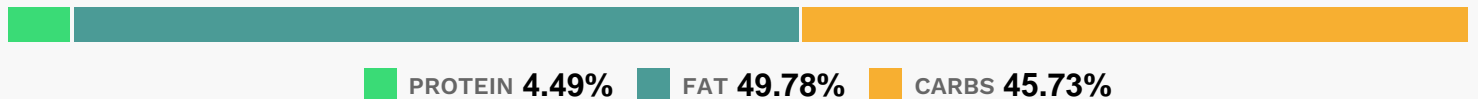
Equipment

- bowl
- oven
- blender
- baking pan
- skewers

Directions

- In a large bowl, with a mixer on high speed, beat butter and 1 cup sugar until smooth.
- Add eggs one at a time, beating well after each addition. Beat in lemon peel.
- In a small bowl, mix flour, baking powder, salt, and nutmeg. Stir half the flour mixture into the butter mixture, then add the milk, followed by the remaining flour mixture; stir just until incorporated. Scrape batter into a buttered and floured 8-inch square glass or ceramic baking pan and spread level. Overlap plum slices in rows or concentric circles over batter. In a small bowl, mix remaining 2 tablespoons sugar and the cinnamon; sprinkle evenly over plums.
- Bake in a 325 regular or convection oven until a wooden skewer inserted in the center comes out clean, 45 to 50 minutes.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:29.74, Inflammation Score:-6, Nutrition Score:6.9952174684276%

Flavonoids

Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epicatechin 3-gallate: 0.48mg, Epicatechin 3-gallate: 0.48mg, Epicatechin 3-gallate: 0.48mg, Epicatechin 3-gallate: 0.48mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 393.27kcal (19.66%), Fat: 22.26g (34.24%), Saturated Fat: 13.53g (84.54%), Carbohydrates: 46.01g (15.34%), Net Carbohydrates: 44.47g (16.17%), Sugar: 29g (32.22%), Cholesterol: 96.6mg (32.2%), Sodium: 293.63mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Vitamin A: 922.22IU (18.44%), Selenium: 11.04µg (15.77%), Vitamin B1: 0.19mg (12.82%), Folate: 47.33µg (11.83%), Vitamin B2: 0.2mg (11.51%), Manganese: 0.2mg (10.02%), Phosphorus: 79.71mg (7.97%), Vitamin B3: 1.52mg (7.62%), Vitamin C: 6.28mg (7.61%), Iron: 1.35mg (7.48%), Fiber: 1.54g (6.16%), Vitamin E: 0.89mg (5.9%), Calcium: 58.18mg (5.82%), Vitamin K: 5.95µg (5.67%), Potassium: 157.71mg (4.51%), Vitamin B5: 0.41mg (4.09%), Copper: 0.08mg (3.84%), Vitamin B12: 0.19µg (3.18%), Magnesium: 12.24mg (3.06%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.66%), Vitamin D: 0.32µg (2.14%)