



Plum Catsup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 pound firm-ripe red-skin plums
- ☐ 0.5 pound roma tomatoes
- ☐ 2 teaspoons soya sauce

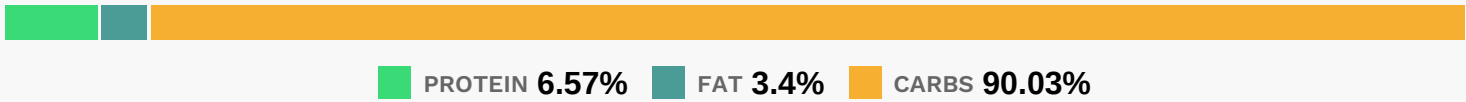
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Rinse plums and tomatoes. Pit plums and cut into chunks. Core tomatoes and cut into chunks. In a blender or food processor, pure plums, tomatoes, and ginger.
- ☐ In a 10- to 12-inch frying pan over high heat, combine pure, onion, brown sugar, soy sauce, and broth. Stir often until reduced to 1 1/2 cups, 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:2.19, Inflammation Score:-4, Nutrition Score:3.3504347904869%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 68.94kcal (3.45%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 15.32g (5.57%), Sugar: 14.33g (15.92%), Cholesterol: 0mg (0%), Sodium: 271.75mg (11.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin C: 9.87mg (11.97%), Vitamin A: 445.54IU (8.91%), Potassium: 205.86mg (5.88%), Manganese: 0.11mg (5.26%), Vitamin K: 5.46µg (5.2%), Fiber: 1.27g (5.09%), Vitamin B6: 0.07mg (3.7%), Vitamin B3: 0.72mg (3.58%), Copper: 0.07mg (3.43%), Folate: 11.18µg (2.79%), Magnesium: 11.14mg (2.79%), Phosphorus: 26.91mg (2.69%), Vitamin B1: 0.04mg (2.34%), Iron: 0.37mg (2.08%), Vitamin E: 0.31mg (2.07%), Vitamin B2: 0.03mg (1.91%), Calcium: 19.01mg (1.9%), Vitamin B5: 0.17mg (1.71%), Selenium: 1.04µg

(1.49%), Vitamin B12: 0.08µg (1.26%), Zinc: 0.15mg (1.01%)