



Plum Kuchen

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



243 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 2 tablespoons brown sugar
- 7 tablespoons butter divided
- 1 large eggs
- 0.5 cup skim milk fat-free
- 1.5 cups flour all-purpose
- 0.7 cup granulated sugar divided
- 0.3 teaspoon ground allspice

- 0.1 teaspoon ground cardamom
- 1 teaspoon lemon zest grated
- 1.5 pounds plums pitted quartered
- 0.4 teaspoon salt divided
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- cake form
- microwave
- measuring cup

Directions

- Preheat oven to 42
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, 2 tablespoons granulated sugar, brown sugar, baking powder, 1/4 teaspoon salt, and cardamom in a medium bowl, stirring well with a whisk.
- Cut in 4 tablespoons butter with a pastry blender or two knives until mixture resembles coarse meal.
- Combine milk, vanilla, and egg in a bowl, stirring with a whisk.
- Add milk mixture to flour mixture, and stir until just combined.
- Spoon batter into a 9-inch round metal cake pan coated with cooking spray. Arrange plums in a circular pattern over batter.

- Combine remaining 2/3 cup granulated sugar, remaining 1/8 teaspoon salt, lemon rind, and allspice in a small bowl, stirring well.
- Place remaining 3 tablespoons butter in a microwave-safe bowl. Microwave at HIGH 30 seconds or until butter melts. Stir into sugar mixture.
- Sprinkle plums evenly with sugar mixture.
- Bake at 425 for 35 minutes or until browned and bubbling. Cool in pan 1 hour on a wire rack.
- Cut into wedges.

Nutrition Facts



■ **PROTEIN 5.73%**
■ **FAT 32.12%**
■ **CARBS 62.15%**

Properties

Glycemic Index:37.9, Glycemic Load:22.6, Inflammation Score:-5, Nutrition Score:5.7643478590509%

Flavonoids

Cyanidin: 3.83mg, Cyanidin: 3.83mg, Cyanidin: 3.83mg, Cyanidin: 3.83mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epicatechin 3-gallate: 0.52mg, Epicatechin 3-gallate: 0.52mg, Epicatechin 3-gallate: 0.52mg, Epicatechin 3-gallate: 0.52mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 242.67kcal (12.13%), Fat: 8.86g (13.63%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 37.06g (13.48%), Sugar: 23.11g (25.68%), Cholesterol: 40.04mg (13.35%), Sodium: 206mg (8.96%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 3.56g (7.12%), Selenium: 8.35µg (11.92%), Vitamin B1: 0.18mg (11.72%), Vitamin A: 532IU (10.64%), Folate: 40.67µg (10.17%), Vitamin B2: 0.16mg (9.15%), Manganese: 0.18mg (8.81%), Vitamin C: 6.75mg (8.18%), Vitamin B3: 1.42mg (7.1%), Phosphorus: 65.49mg (6.55%), Iron: 1.15mg (6.4%), Fiber: 1.5g (5.99%), Calcium: 54.62mg (5.46%), Vitamin K: 5.11µg (4.87%), Potassium: 161.57mg (4.62%), Copper: 0.07mg (3.62%), Vitamin E: 0.47mg (3.12%), Vitamin B5: 0.31mg (3.09%), Magnesium: 11.66mg (2.91%), Vitamin B6: 0.05mg (2.27%), Zinc: 0.33mg (2.22%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.23µg (1.57%)