



Plum Preserves

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



59 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 stick cinnamon (4-inch)
- 2 tablespoons juice of lemon fresh
- 3 pounds plums ripe sliced
- 2.3 cups sugar
- 0.5 cup water

Equipment

- bowl
- dutch oven

Directions

- Combine plums and sugar in a large bowl; cover and let stand at room temperature 8 hours.
- Combine plum mixture and remaining ingredients in a Dutch oven; bring to a boil. Cover, reduce heat to medium-low, and simmer 15 minutes.
- Uncover and cook over medium heat until reduced to 5 cups (about 1 hour), stirring and mashing fruit occasionally.
- Pour into a large bowl; cool completely. Discard cinnamon stick. Cover and refrigerate up to 2 weeks.

Nutrition Facts

PROTEIN 1.55% **FAT 1.92%** **CARBS 96.53%**

Properties

Glycemic Index:2.84, Glycemic Load:9.17, Inflammation Score:-1, Nutrition Score:0.93304346210283%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 59.34kcal (2.97%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 14.68g (5.34%), Sugar: 14.62g (16.25%), Cholesterol: 0mg (0%), Sodium: 0.28mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin C: 3.53mg (4.27%), Vitamin A: 117.67IU (2.35%), Vitamin K: 2.2µg (2.1%), Fiber: 0.52g (2.1%), Manganese: 0.03mg (1.68%), Potassium: 54.79mg (1.57%), Copper: 0.02mg (1.05%)