



WHATSheATE



Plum-Vanilla Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



40

CALORIES



68 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 small cinnamon sticks
- ☐ 1.5 pounds firm-ripe plumcots with skin cut into 1-inch pieces
- ☐ 1 optional: lemon
- ☐ 1.5 pounds firm-ripe plums with skin cut into 1-inch pieces
- ☐ 2.3 cups sugar
- ☐ 2 vanilla beans split halved

Equipment

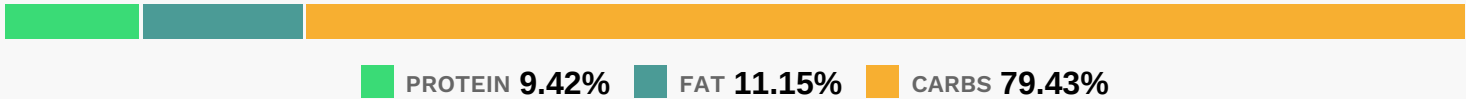
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ kitchen thermometer
- ☐ canning jar

Directions

- ☐ Start with our step-by-step canning how-to.
- ☐ Put the plums, sugar, vanilla beans and cinnamon sticks in a large, wide saucepan. Squeeze the lemon juice through a strainer into the pan. Cook over medium-high heat, stirring occasionally, until the sugar dissolves and the mixture boils, about 10 minutes.
- ☐ Reduce the heat to medium and continue to cook, stirring occasionally, until a candy or deep-fry thermometer registers 220 degrees F, about 30 minutes. (To be sure that the mixture has reached the gel point, spoon some onto a chilled plate and put in the freezer until cool. The liquid should set; if not, continue to cook and retest after a few more minutes.)
- ☐ Remove the pan from the heat and let cool 30 minutes.
- ☐ Meanwhile, sterilize four 8-ounce canning jars and lids.
- ☐ Return the plum mixture to medium-high heat. Bring to a boil, stirring, then add the plumcots. Reduce the heat to medium and simmer until the plumcots are tender, about 5 minutes. Discard the cinnamon sticks.
- ☐ Fill the jars with the plum mixture, leaving 1/2 inch headspace, then seal and process.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:8.6, Inflammation Score:-1, Nutrition Score:0.93652174200701%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3–gallate:
0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg
Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg,
Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol:
0.58mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.01mg,
Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg,
Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg,
Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Galocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 67.66kcal (3.38%), Fat: 0.88g (1.36%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 14.13g (4.71%), Net
Carbohydrates: 13.5g (4.91%), Sugar: 13.04g (14.49%), Cholesterol: 0mg (0%), Sodium: 0.88mg (0.04%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin C: 3.06mg (3.71%), Manganese: 0.07mg (3.56%),
Calcium: 26.6mg (2.66%), Fiber: 0.64g (2.54%), Iron: 0.28mg (1.58%), Vitamin A: 60.31IU (1.21%), Vitamin K: 1.2µg
(1.14%)