



Plums & blackberries in rosemary syrup



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 100 g brown sugar
- ☐ 50 g muscovado sugar light
- ☐ 2 lemon zest
- ☐ 4 rosemary
- ☐ 4 plums ripe halved
- ☐ 300 g blackberries ripe
- ☐ 4 servings whipped cream

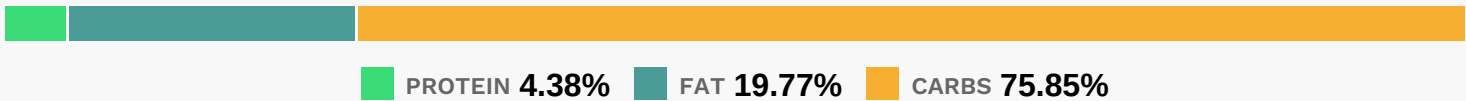
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Put the sugars into a saucepan with 250ml/9fl oz cold water.
- ☐ Heat gently and stir until the sugars have dissolved, then bring to the boil and simmer for 10 mins to reduce slightly.
- ☐ Add the lemon zest and juice, rosemary and plum halves, bring back to a simmer and cook gently for 10 mins until the plums start to soften. Tip the blackberries into the pan and stir gently to warm through.
- ☐ Serve in bowls with scoops of ice cream.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:12.59, Inflammation Score:-7, Nutrition Score:10.236086943875%

Flavonoids

Cyanidin: 78.68mg, Cyanidin: 78.68mg, Cyanidin: 78.68mg, Cyanidin: 78.68mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 29.7mg, Catechin: 29.7mg, Catechin: 29.7mg, Catechin: 29.7mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 343.47kcal (17.17%), Fat: 7.84g (12.06%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 67.64g (22.55%), Net Carbohydrates: 61.92g (22.52%), Sugar: 60.7g (67.44%), Cholesterol: 29.04mg (9.68%), Sodium: 64.28mg (2.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin C: 26.35mg (31.94%), Manganese: 0.55mg (27.5%), Fiber: 5.72g (22.89%), Vitamin K: 19.27µg (18.35%), Calcium: 146.62mg (14.66%),

Vitamin A: 670.69IU (13.41%), Potassium: 412.09mg (11.77%), Vitamin B2: 0.2mg (11.64%), Copper: 0.2mg (9.87%), Phosphorus: 98.29mg (9.83%), Vitamin E: 1.25mg (8.36%), Magnesium: 32.9mg (8.23%), Vitamin B5: 0.74mg (7.39%), Folate: 26.42µg (6.61%), Zinc: 0.94mg (6.27%), Iron: 0.96mg (5.31%), Vitamin B6: 0.1mg (4.78%), Vitamin B3: 0.89mg (4.45%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.06mg (4.19%), Selenium: 1.96µg (2.81%)