



Plums Poached in Sauternes and Vanilla

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons honey
- 1 tablespoon juice of lime fresh
- 0.3 cup vanilla yogurt low-fat
- 10 ounces plums pitted halved
- 6 inch vanilla pod split
- 1.5 cups sauternes sweet

Equipment

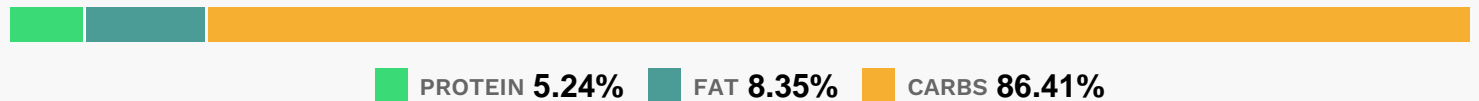
- sauce pan

slotted spoon

Directions

- Scrape seeds from vanilla bean into a saucepan, reserving bean for another use.
- Add
- Sauternes, and stir well. Bring mixture to a boil over medium-high heat.
- Add plum halves, cut sides up, in a single layer in saucepan; cover, reduce heat, and simmer 15 minutes.
- Remove plums from saucepan with a slotted spoon; set aside, and keep warm.
- Bring
- Sauternes mixture to a boil over medium-high heat; cook 4 minutes or until reduced to 1 cup.
- Remove from heat; stir in honey and lime juice.
- Place 2 plum halves into each of 4 dessert compotes; top each with about 1/4 cup
- Sauternes mixture and 1 tablespoon yogurt.
- Garnish with lime rind, if desired.

Nutrition Facts



Properties

Glycemic Index:26.48, Glycemic Load:7.6, Inflammation Score:-5, Nutrition Score:3.3765217169471%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin:

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Nutrients (% of daily need)

Calories: 161.23kcal (8.06%), Fat: 0.96g (1.48%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 21.42g (7.79%), Sugar: 18.69g (20.77%), Cholesterol: 0.77mg (0.26%), Sodium: 15.1mg (0.66%), Alcohol: 9.27g (100%), Alcohol %: 6.05% (100%), Protein: 1.36g (2.72%), Vitamin C: 8.03mg (9.74%), Manganese: 0.15mg (7.59%), Potassium: 218.55mg (6.24%), Vitamin A: 252.97IU (5.06%), Phosphorus: 49.16mg (4.92%), Vitamin K: 4.93µg (4.7%), Magnesium: 16.92mg (4.23%), Fiber: 1.03g (4.11%), Calcium: 39.69mg (3.97%), Vitamin B2: 0.07mg (3.96%), Vitamin B6: 0.08mg (3.82%), Copper: 0.05mg (2.54%), Iron: 0.42mg (2.34%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.33mg (2.21%), Vitamin B3: 0.43mg (2.14%), Vitamin B1: 0.03mg (2.11%), Folate: 6.71µg (1.68%), Vitamin B12: 0.08µg (1.35%), Selenium: 0.93µg (1.33%), Vitamin E: 0.2mg (1.3%)