



Poached plums



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

Ingredients



500 g plums washed



200 g brown sugar



4 servings cinnamon sticks



4 servings vanilla pod split

Equipment

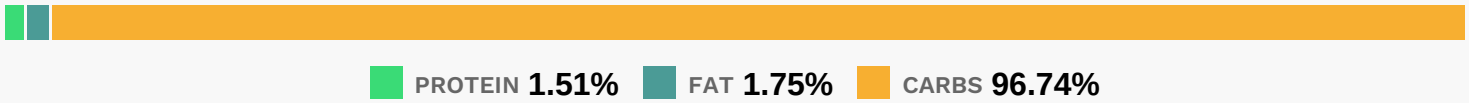


frying pan

Directions

- ☐ To prepare the plums: wash and cut them into quarters, then remove the stones.
- ☐ Tip the sugar into a pan with 225ml water, the cinnamon and vanilla. Gently heat until the sugar dissolves.
- ☐ Slide the fruit into the syrup. Bring the pan to the boil, then let it simmer for 5–10 mins depending on the ripeness until the plums are soft. Leave to cool slightly and serve as they are with something creamy.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:4.86, Inflammation Score:-4, Nutrition Score:4.9495651747869%

Flavonoids

Cyanidin: 7.04mg, Cyanidin: 7.04mg, Cyanidin: 7.04mg, Cyanidin: 7.04mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epicatechin 3–gallate: 0.95mg, Epicatechin 3–gallate: 0.95mg, Epicatechin 3–gallate: 0.95mg, Epicatechin 3–gallate: 0.95mg Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 254.79kcal (12.74%), Fat: 0.52g (0.81%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 65.16g (21.72%), Net Carbohydrates: 62.35g (22.67%), Sugar: 60.94g (67.71%), Cholesterol: 0mg (0%), Sodium: 14.2mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Manganese: 0.45mg (22.32%), Vitamin C: 11.95mg (14.49%), Fiber: 2.81g (11.25%), Vitamin A: 437.15IU (8.74%), Vitamin K: 8.62µg (8.21%), Potassium: 271.37mg (7.75%), Calcium: 69.04mg (6.9%), Copper: 0.1mg (5.08%), Iron: 0.73mg (4.08%), Magnesium: 14.45mg (3.61%), Vitamin B3: 0.6mg (3.01%), Vitamin B6: 0.06mg (3%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.24mg (2.42%), Vitamin B1: 0.04mg (2.36%), Phosphorus: 23.28mg (2.33%), Vitamin B2: 0.03mg (1.96%), Folate: 6.87µg (1.72%), Zinc: 0.18mg (1.18%)