

Prune Purée



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup light-colored corn syrup
- ☐ 12 ounce prune- cut to pieces whole pitted
- ☐ 2 tablespoons sugar
- ☐ 0.7 cup water

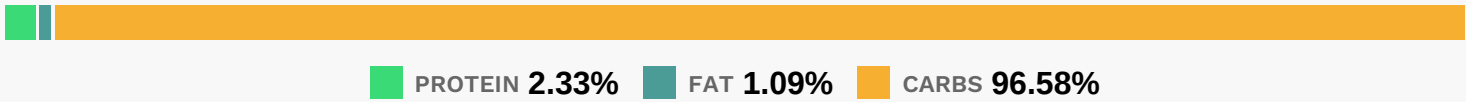
Equipment

- ☐ food processor
- ☐ bowl

Directions

☐ Place the first 3 ingredients in a food processor, and process 5 seconds. With the processor on, slowly add water through food chute, and process until mixture is smooth, scraping sides of bowl once. Spoon pure into an airtight container, and store in refrigerator for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:19.68, Glycemic Load:14.21, Inflammation Score:-4, Nutrition Score:5.5865217291791%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 191.69kcal (9.58%), Fat: 0.26g (0.39%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 51.13g (17.04%), Net Carbohydrates: 47.1g (17.13%), Sugar: 36.51g (40.56%), Cholesterol: 0mg (0%), Sodium: 11.3mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin K: 33.74µg (32.13%), Fiber: 4.03g (16.1%), Potassium: 415.26mg (11.86%), Vitamin A: 442.82IU (8.86%), Manganese: 0.17mg (8.48%), Copper: 0.16mg (8.19%), Vitamin B2: 0.11mg (6.25%), Magnesium: 23.65mg (5.91%), Vitamin B6: 0.12mg (5.81%), Vitamin B3: 1.07mg (5.33%), Phosphorus: 39.12mg (3.91%), Iron: 0.53mg (2.94%), Calcium: 27.06mg (2.71%), Vitamin B1: 0.04mg (2.49%), Vitamin B5: 0.24mg (2.39%), Zinc: 0.31mg (2.1%), Vitamin E: 0.24mg (1.63%)