



Roasted Plums

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

Ingredients

- 3 tablespoons brown sugar
- 2 pounds plums pitted sliced
- 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

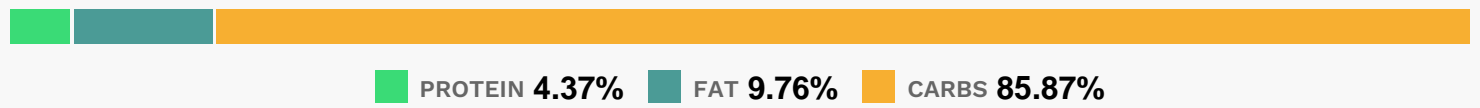
Equipment

- frying pan
- oven

Directions

- Preheat oven to 47
- Combine plum slices and brown sugar; toss.
- Spread on a 15 x 10-inch jelly-roll pan.
- Bake, uncovered, at 475 for 12 minutes or until thoroughly heated.
- Remove; cool slightly.
- Serve warm with whipped topping.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:8.77, Inflammation Score:-6, Nutrition Score:5.907826088045%

Flavonoids

Cyanidin: 12.77mg, Cyanidin: 12.77mg, Cyanidin: 12.77mg, Cyanidin: 12.77mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 6.55mg, Catechin: 6.55mg, Catechin: 6.55mg, Catechin: 6.55mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 7.26mg, Epicatechin: 7.26mg, Epicatechin: 7.26mg, Epicatechin: 7.26mg Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 159.53kcal (7.98%), Fat: 1.86g (2.87%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 33.72g (12.26%), Sugar: 33.44g (37.16%), Cholesterol: 0.19mg (0.06%), Sodium: 9.27mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin C: 21.55mg (26.12%), Vitamin A: 789.38IU (15.79%), Vitamin K: 14.81µg (14.11%), Fiber: 3.18g (12.7%), Potassium: 377.51mg (10.79%), Copper: 0.13mg (6.72%), Manganese: 0.12mg (6.18%), Vitamin B3: 0.96mg (4.83%), Vitamin B1: 0.07mg (4.36%), Phosphorus: 43.58mg (4.36%), Magnesium: 17.34mg (4.34%), Vitamin E: 0.64mg (4.24%), Vitamin B2: 0.07mg (3.96%), Vitamin B6: 0.07mg (3.57%), Vitamin B5: 0.32mg (3.18%), Folate: 11.71µg (2.93%), Calcium: 27.73mg (2.77%), Iron: 0.46mg (2.55%), Zinc: 0.24mg (1.59%)