



Roasted Plums with Ginger and Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 0.3 cup apricots dried chopped
- ☐ 1 large egg yolk
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 cups vanilla yogurt frozen low-fat
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 9 plums pitted halved
- ☐ 1 cup mirin sweet

☐ 3 tablespoons sugar

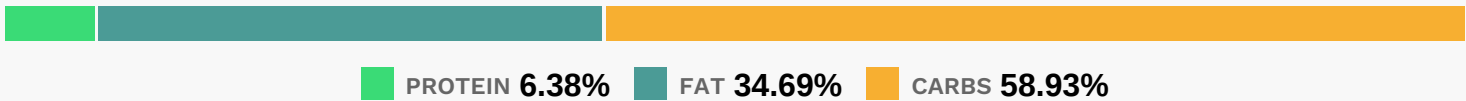
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ Bring wine to a simmer in a medium saucepan over medium-high heat. Stir in apricots; cover and remove from heat.
- ☐ Let stand 20 minutes.
- ☐ Drain apricots in a colander over a bowl; reserve wine and apricots separately.
- ☐ Combine sugar, ginger, butter, and egg yolk in a bowl. Stir in apricots and pecans. Fill each plum half with about 1 1/2 teaspoons of apricot filling.
- ☐ Place stuffed plums in a single layer in an 11 x 7-inch baking dish; pour reserved wine around plums.
- ☐ Bake at 350 for 20 minutes or until plums are tender.
- ☐ Remove plums from dish; pour remaining liquid into a small saucepan. Bring to a boil; cook until slightly syrupy and reduced to 1/4 cup (about 5 minutes).
- ☐ Serve plum halves with sauce and frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:9.56, Inflammation Score:-6, Nutrition Score:7.3717391542766%

Flavonoids

Cyanidin: 6.11mg, Cyanidin: 6.11mg, Cyanidin: 6.11mg, Cyanidin: 6.11mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epicatechin 3–gallate: 0.75mg, Epicatechin 3–gallate: 0.75mg, Epicatechin 3–gallate: 0.75mg, Epicatechin 3–gallate: 0.75mg Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 256.5kcal (12.83%), Fat: 9.27g (14.27%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 33.03g (12.01%), Sugar: 31.81g (35.34%), Cholesterol: 36.58mg (12.19%), Sodium: 61.06mg (2.65%), Alcohol: 4.12g (100%), Alcohol %: 2.47% (100%), Protein: 3.84g (7.67%), Manganese: 0.35mg (17.52%), Vitamin A: 805.57IU (16.11%), Vitamin C: 9.97mg (12.09%), Phosphorus: 115.94mg (11.59%), Potassium: 398mg (11.37%), Vitamin B2: 0.17mg (9.91%), Fiber: 2.42g (9.67%), Calcium: 90.11mg (9.01%), Copper: 0.17mg (8.36%), Vitamin K: 7.22µg (6.88%), Magnesium: 26.7mg (6.68%), Vitamin B5: 0.63mg (6.31%), Vitamin B6: 0.12mg (5.99%), Vitamin B1: 0.09mg (5.8%), Vitamin E: 0.82mg (5.49%), Selenium: 3.63µg (5.18%), Iron: 0.83mg (4.59%), Zinc: 0.68mg (4.5%), Vitamin B3: 0.85mg (4.25%), Folate: 14.39µg (3.6%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.2µg (1.34%)