



Roasted Plums with Greek Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup greek yogurt
- ☐ 2 tablespoons hazelnuts chopped for 7 minutes,
- ☐ 2 teaspoons honey
- ☐ 6 plums dark pitted halved
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon butter unsalted melted

Equipment

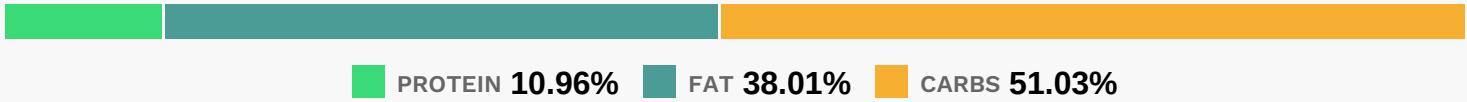
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Line a baking sheet with parchment paper.
- ☐ Place plums cut side up on sheet, brush with butter and sprinkle with sugar.
- ☐ Bake until soft and some juices run off, about 15 minutes. Divide among 4 bowls, top each with 2 tablespoons yogurt, sprinkle with nuts and drizzle with honey.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:44.01, Glycemic Load:7.48, Inflammation Score:-4, Nutrition Score:5.4056522263133%

Flavonoids

Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 139.48kcal (6.97%), Fat: 6.26g (9.63%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 17.03g (6.19%), Sugar: 16.72g (18.58%), Cholesterol: 8.77mg (2.92%), Sodium: 9.56mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Manganese: 0.37mg (18.28%), Vitamin C: 9.74mg (11.8%), Vitamin A: 431.02IU (8.62%), Fiber: 1.88g (7.51%), Copper: 0.15mg (7.44%), Vitamin E: 1.09mg (7.27%), Vitamin K: 7.29µg (6.94%), Phosphorus: 65.32mg (6.53%), Potassium: 227.4mg (6.5%), Vitamin B2: 0.1mg (6.16%), Magnesium: 17.97mg (4.49%), Vitamin B1: 0.07mg (4.37%), Calcium: 40.47mg (4.05%), Selenium: 2.68µg (3.82%), Vitamin B6: 0.07mg (3.69%), Folate: 12.52µg (3.13%), Vitamin B12: 0.18µg (3.02%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.37mg (2.43%), Iron: 0.44mg (2.43%)