



Roasted Plums With Sour Cream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 4 large purple plums pitted cut in half and
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

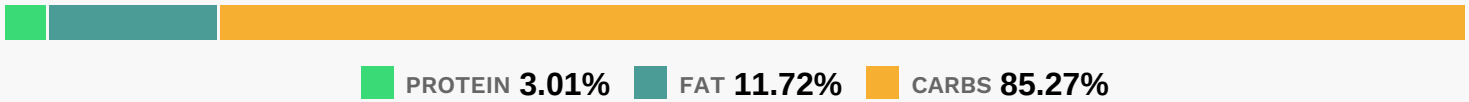
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place plum halves, cut sides down, in an 8-inch square baking dish. Stir together 1/3 cup water and vanilla; pour over fruit.
- ☐ Sprinkle 1/4 cup brown sugar evenly over fruit.
- ☐ Bake plums at 450 for 25 to 30 minutes or until skins just start to blister. Divide fruit and syrup evenly among four bowls. Top each with 1 Tbsp. low-fat sour cream and 1/2 Tbsp. brown sugar.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:2.55, Inflammation Score:-3, Nutrition Score:2.3569565467213%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 126.4kcal (6.32%), Fat: 1.71g (2.63%), Saturated Fat: 0.96g (6%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 27.06g (9.84%), Sugar: 25.8g (28.67%), Cholesterol: 5.03mg (1.68%), Sodium: 18.49mg (0.8%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 0.99g (1.98%), Vitamin C: 6.4mg (7.76%), Vitamin A: 274.85IU (5.5%), Potassium: 161.1mg (4.6%), Calcium: 41.27mg (4.13%), Vitamin K: 4.3µg (4.09%), Fiber: 0.92g (3.7%), Copper: 0.05mg (2.64%), Manganese: 0.05mg (2.41%), Phosphorus: 21.59mg (2.16%), Vitamin B2: 0.03mg (2.05%), Magnesium: 8.09mg (2.02%), Vitamin B1: 0.02mg (1.62%), Vitamin B3: 0.31mg (1.55%), Vitamin B6: 0.03mg (1.51%), Iron: 0.26mg (1.46%), Vitamin E: 0.21mg (1.43%), Folate: 5.08µg (1.27%), Vitamin B5: 0.12mg (1.15%), Vitamin B12: 0.06µg (1.01%)