



Roasted Spiced Plums



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.1 teaspoon nutmeg whole freshly grated
- ☐ 0.5 cup orange juice
- ☐ 4 plums halved
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 0.3 cup measures-like-sugar" calorie-free sweetener

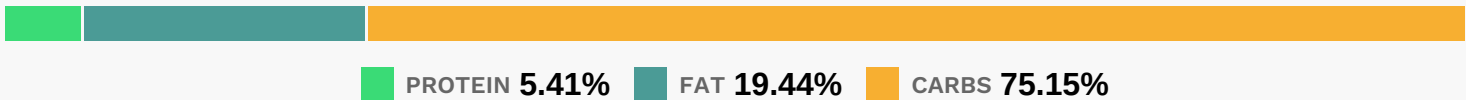
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Place plum halves, cut sides up, in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine orange juice and next 5 ingredients.
- ☐ Drizzle orange juice mixture over plums.
- ☐ Bake at 450 for 20 minutes. Top with almonds.
- ☐ carbo rating: 14

Nutrition Facts



Properties

Glycemic Index:63.94, Glycemic Load:12.99, Inflammation Score:-4, Nutrition Score:4.8386956855007%

Flavonoids

Cyanidin: 3.84mg, Cyanidin: 3.84mg, Cyanidin: 3.84mg, Cyanidin: 3.84mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg 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 Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 122.76kcal (6.14%), Fat: 2.83g (4.35%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 22.8g (8.29%), Sugar: 21.87g (24.3%), Cholesterol: 0mg (0%), Sodium: 0.64mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin C: 21.8mg (26.42%), Manganese: 0.22mg (10.92%), Vitamin E: 1.47mg (9.81%), Fiber: 1.78g (7.12%), Potassium: 205.63mg (5.88%), Vitamin A: 291.35IU (5.83%), Magnesium: 22.17mg (5.54%), Copper: 0.11mg (5.3%), Vitamin B2: 0.09mg (5.08%), Vitamin K: 4.34µg (4.13%), Phosphorus: 40.6mg (4.06%), Vitamin B1: 0.06mg (3.83%), Folate: 14.87µg (3.72%), Vitamin B3: 0.59mg (2.94%), Iron: 0.44mg (2.44%), Calcium: 24.39mg (2.44%), Vitamin B6: 0.04mg (1.97%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.25mg (1.68%)