



Spice-Laquered Plum

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon honey
- ☐ 1 teaspoon brown sugar light packed
- ☐ 1 large plums black red firm
- ☐ 2 tablespoons cream sour

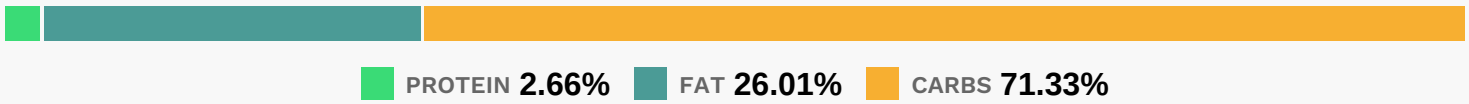
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Halve plum and discard pit, then cut each half lengthwise into 3 wedges.
- ☐ Heat honey, 1/4 teaspoon cinnamon, and 1/8 teaspoon crushed anise seeds in an 8- to 10-inch ovenproof heavy skillet over moderate heat, stirring, until honey is liquefied, about 1 minute.
- ☐ Add fruit to honey, tossing to coat, then transfer skillet to broiler and broil 6 inches from heat, turning fruit over once or twice and basting with pan juices, until fruit begins to soften and is glazed, 3 to 4 minutes.
- ☐ Transfer fruit along with any pan juices to a dish.
- ☐ Stir together sour cream, brown sugar, and remaining pinch each of cinnamon and crushed anise seeds, then spoon over warm fruit.

Nutrition Facts



Properties

Glycemic Index:90.94, Glycemic Load:11.58, Inflammation Score:-3, Nutrition Score:2.6286956253259%

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: 156.92kcal (7.85%), Fat: 4.84g (7.45%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 28.9g (10.51%), Sugar: 28.49g (31.65%), Cholesterol: 14.16mg (4.72%), Sodium: 9.4mg (0.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin C: 6.59mg (7.99%), Vitamin A: 377.22IU (7.54%), Vitamin K: 4.58µg (4.37%), Potassium: 149.86mg (4.28%), Fiber: 0.97g (3.86%), Vitamin B2: 0.07mg (3.85%), Calcium: 32.78mg (3.28%), Phosphorus: 29.8mg (2.98%), Manganese: 0.06mg (2.82%), Copper: 0.05mg

(2.57%), Magnesium: 7.8mg (1.95%), Vitamin B5: 0.19mg (1.89%), Vitamin B6: 0.04mg (1.78%), Vitamin E: 0.26mg (1.75%), Vitamin B3: 0.33mg (1.64%), Selenium: 1.1µg (1.58%), Vitamin B1: 0.02mg (1.55%), Iron: 0.25mg (1.36%), Folate: 5.2µg (1.3%), Zinc: 0.19mg (1.28%)