

# Spicy Oven-Roasted Plums

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

## Ingredients

- 2 tablespoons brown sugar packed
- 0.1 teaspoon cumin
- 0.1 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 0.5 cup orange juice
- 4 plums pitted halved

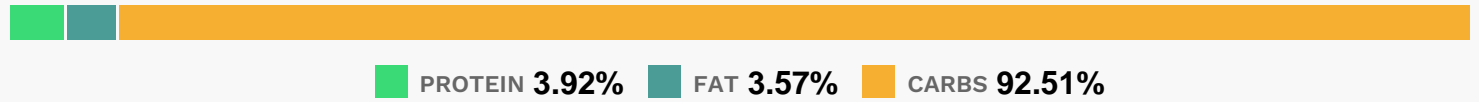
## Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a shallow baking dish with cooking spray.
- Place the plums, cut-side up, in a single layer in the baking dish.
- Whisk together the orange juice, brown sugar, cinnamon, nutmeg, cumin, and cardamom in a bowl; drizzle over the plums.
- Bake in preheated oven for 20 minutes, or until plums are hot and the sauce is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:43.92, Glycemic Load:4.21, Inflammation Score:-4, Nutrition Score:3.3391304495542%

## 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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 68.48kcal (3.42%), Fat: 0.29g (0.45%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 15.78g (5.74%), Sugar: 15g (16.66%), Cholesterol: 0mg (0%), Sodium: 2.14mg (0.09%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 21.8mg (26.42%), Vitamin A: 291.3IU (5.83%), Manganese: 0.11mg (5.38%), Potassium: 176.71mg (5.05%), Fiber: 1.16g (4.62%), Vitamin K: 4.34µg (4.13%), Folate: 12.73µg (3.18%), Vitamin B1: 0.05mg (3.14%), Copper: 0.06mg (2.82%), Magnesium: 9.21mg (2.3%), Vitamin B3: 0.41mg (2.07%), Vitamin B6: 0.03mg (1.75%), Phosphorus: 16.79mg (1.68%), Iron: 0.29mg (1.61%), Calcium: 15.79mg (1.58%), Vitamin B2: 0.03mg (1.58%), Vitamin B5: 0.16mg (1.57%), Vitamin E: 0.19mg (1.28%)