



Streusel-Roasted Plums with Vanilla Ice Cream

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 2 tablespoons cooking wine dry red
- ☐ 5 tablespoons brown sugar divided packed ()
- ☐ 0.3 cup hazelnuts toasted coarsely chopped
- ☐ 6 large plums firm pitted halved
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar
- ☐ 5 tablespoons butter unsalted chilled divided
- ☐ 6 servings whipped cream

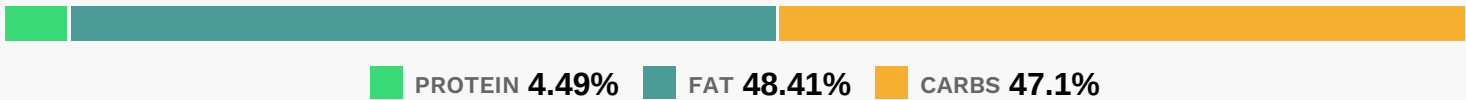
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat oven to 400°F. Melt 2 tablespoons butter in large ovenproof skillet over medium heat.
- ☐ Add 2 tablespoons brown sugar and wine. Bring just to boil, stirring until sugar dissolves and syrup is smooth; remove skillet from heat.
- ☐ Whisk remaining 3 tablespoons brown sugar, flour, 3 tablespoons sugar, and salt in medium bowl to blend.
- ☐ Add remaining 3 tablespoons butter.
- ☐ Cut in with back of fork until streusel begins to hold together.
- ☐ Mix in nuts.
- ☐ Cut very thin slice off rounded side of each plum half (to create flat surface). Lightly press 1 tablespoon streusel onto cut side of each plum half.
- ☐ Place plums, streusel side up, in syrup in skillet. Roast plums until just tender, about 20 minutes.
- ☐ Remove skillet from oven and preheat broiler. Broil plums until streusel is crisp and golden, about 1 1/2 minutes.
- ☐ Place 2 plum halves in each of 6 large goblets. Top with ice cream, then spoon over syrup from skillet.

Nutrition Facts



Properties

Glycemic Index:43.29, Glycemic Load:18.89, Inflammation Score:-6, Nutrition Score:7.3839130297951%

Flavonoids

Cyanidin: 4.05mg, Cyanidin: 4.05mg, Cyanidin: 4.05mg, Cyanidin: 4.05mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 366.24kcal (18.31%), Fat: 20.02g (30.8%), Saturated Fat: 10.72g (66.98%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 41.82g (15.21%), Sugar: 36.47g (40.52%), Cholesterol: 54.12mg (18.04%), Sodium: 63.51mg (2.76%), Alcohol: 0.52g (100%), Alcohol %: 0.38% (100%), Protein: 4.17g (8.35%), Manganese: 0.39mg (19.55%), Vitamin A: 798.11IU (15.96%), Vitamin B2: 0.21mg (12.47%), Calcium: 106.09mg (10.61%), Phosphorus: 103.18mg (10.32%), Vitamin E: 1.39mg (9.29%), Vitamin C: 6.98mg (8.46%), Potassium: 290.75mg (8.31%), Fiber: 2.01g (8.05%), Vitamin B1: 0.12mg (7.94%), Copper: 0.15mg (7.66%), Magnesium: 24.29mg (6.07%), Vitamin K: 5.96µg (5.68%), Vitamin B5: 0.57mg (5.67%), Folate: 22.23µg (5.56%), Selenium: 3.35µg (4.78%), Zinc: 0.69mg (4.63%), Vitamin B12: 0.28µg (4.62%), Vitamin B6: 0.09mg (4.29%), Iron: 0.72mg (4.03%), Vitamin B3: 0.77mg (3.83%), Vitamin D: 0.31µg (2.05%)