



Sugar plums



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 140 g granulated sugar white
- ☐ 0.3 tsp cinnamon
- ☐ 1 large egg white
- ☐ 12 plums red

Equipment

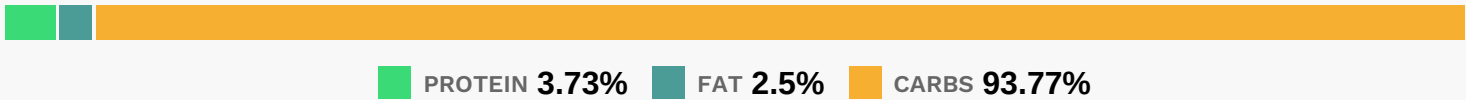
- ☐ bowl
- ☐ oven
- ☐ whisk

- ☐ baking pan
- ☐ cocktail sticks

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Mix the sugar and cinnamon in a bowl.
- ☐ Whisk egg white, then roll the plums first in egg white and then the cinnamon sugar until very well coated in a sugary crust.
- ☐ Space apart in a buttered baking dish, then bake for 15 mins or until the plums are crusty, cooked through and starting to be juicy. To test, poke in a cocktail stick; if it goes in easily, they are ready.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:32.09, Inflammation Score:-6, Nutrition Score:5.296521735904%

Flavonoids

Cyanidin: 11.15mg, Cyanidin: 11.15mg, Cyanidin: 11.15mg, Cyanidin: 11.15mg Peonidin: 0.61mg, Peonidin: 0.61mg, Peonidin: 0.61mg, Peonidin: 0.61mg Catechin: 5.72mg, Catechin: 5.72mg, Catechin: 5.72mg, Catechin: 5.72mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 6.34mg, Epicatechin: 6.34mg, Epicatechin: 6.34mg, Epicatechin: 6.34mg Epicatechin 3-gallate: 1.5mg, Epicatechin 3-gallate: 1.5mg, Epicatechin 3-gallate: 1.5mg, Epicatechin 3-gallate: 1.5mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 230.52kcal (11.53%), Fat: 0.68g (1.05%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 57.62g (19.21%), Net Carbohydrates: 54.76g (19.91%), Sugar: 54.63g (60.7%), Cholesterol: 0mg (0%), Sodium: 14.06mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin C: 18.82mg (22.81%), Vitamin A: 683.58IU (13.67%), Vitamin K: 12.72µg (12.12%), Fiber: 2.86g (11.43%), Potassium: 325.71mg (9.31%), Manganese: 0.13mg (6.68%), Copper: 0.12mg (5.89%), Vitamin B2: 0.09mg (5.55%), Vitamin B3: 0.84mg (4.18%), Vitamin B1: 0.06mg (3.72%), Magnesium: 14.86mg (3.72%), Vitamin E: 0.52mg (3.46%), Phosphorus: 33.02mg (3.3%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.28mg (2.84%), Selenium: 1.87µg (2.66%), Folate: 10.24µg (2.56%), Iron: 0.37mg

(2.08%), Calcium: 14.44mg (1.44%), Zinc: 0.21mg (1.38%)