



WHATSheATE

Sugar-Roasted Plums with Balsamic and Rosemary Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 10 peppercorns black
- ☐ 3.5 pounds plums unpeeled
- ☐ 8 rosemary sprigs fresh divided
- ☐ 6 tablespoons sugar divided
- ☐ 1 vanilla pod split
- ☐ 0.5 cup water

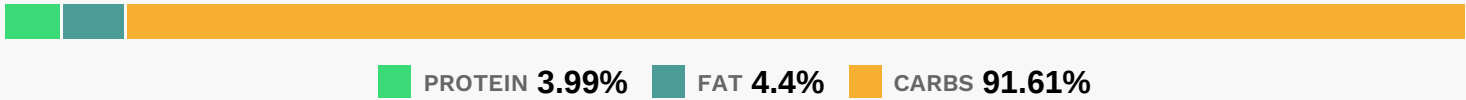
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ Combine water, vinegar, 4 tablespoons sugar, and peppercorns, stirring with a whisk until sugar dissolves. Scrape seeds from vanilla bean; add seeds and bean to vinegar mixture.
- ☐ Place plums in a 13 x 9-inch baking dish.
- ☐ Pour vinegar mixture over plums. Nestle 2 rosemary sprigs around plums into vinegar mixture.
- ☐ Sprinkle evenly with 2 tablespoons sugar.
- ☐ Bake at 400 for 20 minutes or until plums are tender (skin will begin to split on some plums).
- ☐ Remove plums with a slotted spoon to a serving platter. Strain vinegar mixture into a small nonaluminum saucepan; discard solids. Bring vinegar mixture to a boil. Reduce heat to medium-high; cook until reduced to 3/4 cup (about 5 minutes).
- ☐ Pour syrup evenly over plums; garnish with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:20.44, Inflammation Score:-7, Nutrition Score:7.1039129800123%

Flavonoids

Cyanidin: 14.9mg, Cyanidin: 14.9mg, Cyanidin: 14.9mg, Cyanidin: 14.9mg Peonidin: 0.82mg, Peonidin: 0.82mg, Peonidin: 0.82mg, Peonidin: 0.82mg Catechin: 7.65mg, Catechin: 7.65mg, Catechin: 7.65mg, Catechin: 7.65mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg

Epicatechin: 8.47mg, Epicatechin: 8.47mg, Epicatechin: 8.47mg, Epicatechin: 8.47mg Epicatechin 3–gallate: 2.01mg, Epicatechin 3–gallate: 2.01mg, Epicatechin 3–gallate: 2.01mg, Epicatechin 3–gallate: 2.01mg Epigallocatechin 3–gallate: 1.06mg, Epigallocatechin 3–gallate: 1.06mg, Epigallocatechin 3–gallate: 1.06mg, Epigallocatechin 3–gallate: 1.06mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg

Nutrients (% of daily need)

Calories: 190.74kcal (9.54%), Fat: 0.99g (1.52%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 46.33g (15.44%), Net Carbohydrates: 42.39g (15.41%), Sugar: 41.4g (46%), Cholesterol: 0mg (0%), Sodium: 6.37mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin C: 25.43mg (30.82%), Vitamin A: 952.75IU (19.06%), Vitamin K: 17.21µg (16.39%), Fiber: 3.93g (15.74%), Potassium: 450.58mg (12.87%), Manganese: 0.2mg (10%), Copper: 0.17mg (8.33%), Magnesium: 22.77mg (5.69%), Vitamin B3: 1.12mg (5.59%), Vitamin B1: 0.07mg (4.98%), Phosphorus: 47.52mg (4.75%), Vitamin E: 0.69mg (4.6%), Vitamin B2: 0.07mg (4.32%), Vitamin B6: 0.08mg (4.08%), Iron: 0.71mg (3.96%), Vitamin B5: 0.37mg (3.7%), Folate: 14.71µg (3.68%), Calcium: 27.29mg (2.73%), Zinc: 0.3mg (1.99%)