

Wild Plum Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



104 kcal

SAUCE

Ingredients

- 0.1 tsp ground pepper (use less if you like)
- 1 tablespoon ginger fresh minced
- 3 cloves garlic minced
- 0.3 teaspoon onion salt
- 1 pound plums wild whole pitted (or regular plums)
- 1 tsp soya sauce to taste (or salt)
- 4 servings sugar

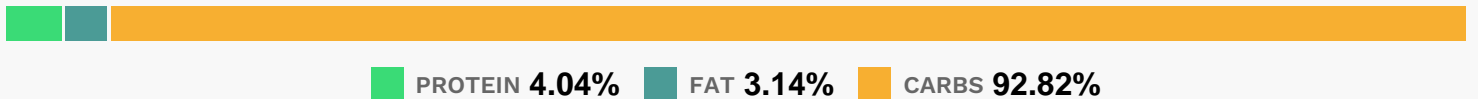
Equipment

- bowl
- sauce pan
- colander
- cheesecloth

Directions

- Place in a saucepan and add water just to barely cover them. Bring to a boil, reduce heat, and simmer until skins have burst and plums are soft, about 20–30 minutes.
- Remove from heat and allow to cool for a few minutes.
- Place a colander over a bowl.
- Put the plums in the colander and press with the back of a spoon to squeeze out the juice. (You could also do this in a cheesecloth bag.) Allow the plums to drain until all juice is removed.
- Heat a saucepan over medium–high heat.
- Saute the minced garlic and ginger in a tablespoon of water for 2 minutes, adding more water if needed to prevent sticking.
- Add the plum juice and the remaining ingredients. Bring to a low boil and simmer until mixture reduces and thickens by almost half. (It took mine about 15 minutes.) Taste to see if any sauce is sweet or sour enough; if not add sweetener or vinegar to taste.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:13.03, Inflammation Score:-4, Nutrition Score:3.3469564966533%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3–gallate: 0.86mg, Epicatechin 3–gallate: 0.86mg, Epicatechin 3–gallate: 0.86mg, Epicatechin 3–gallate: 0.86mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg

Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 104.19kcal (5.21%), Fat: 0.39g (0.6%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 24.35g (8.86%), Sugar: 23.31g (25.9%), Cholesterol: 0mg (0%), Sodium: 229.88mg (9.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin C: 11.61mg (14.07%), Vitamin A: 414.83IU (8.3%), Vitamin K: 7.34µg (6.99%), Fiber: 1.7g (6.79%), Potassium: 198.9mg (5.68%), Manganese: 0.11mg (5.5%), Copper: 0.08mg (3.93%), Vitamin B6: 0.07mg (3.4%), Vitamin B3: 0.57mg (2.83%), Vitamin B1: 0.04mg (2.52%), Magnesium: 9.94mg (2.49%), Phosphorus: 24.3mg (2.43%), Vitamin B2: 0.04mg (2.21%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.18mg (1.76%), Iron: 0.29mg (1.6%), Folate: 6.26µg (1.56%), Calcium: 11.75mg (1.17%), Zinc: 0.15mg (1.03%)