



Awesome Rhubarb-Strawberry Pudding

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup butter at room temperature
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 3 cups rhubarb fresh diced
- ☐ 1 pinch salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 cups strawberries fresh diced
- ☐ 0.7 cup sugar white

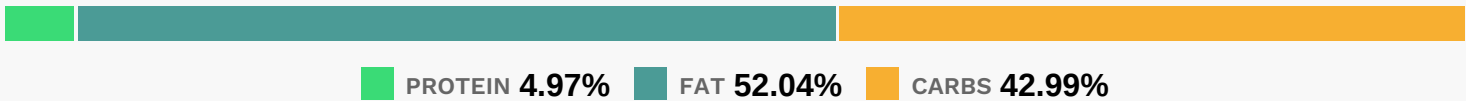
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Mix rhubarb, strawberries, and 1/4 cup sugar in a bowl; spread fruit mixture into prepared baking dish and sprinkle remaining 1/4 cup sugar on top.
- ☐ Sift flour, baking powder, baking soda, and salt together in a bowl. Beat 2/3 cup sugar and butter with an electric mixer set on medium speed in a large bowl until fluffy, 4 to 5 minutes. Beat egg and almond extract into butter mixture until incorporated, about 3 minutes more.
- ☐ Pour in the flour mixture alternately with the sour cream, mixing until just incorporated. Batter will be thick.
- ☐ Spoon batter evenly over rhubarb mixture.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:13.7, Inflammation Score:-4, Nutrition Score:5.1160869261493%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 198.98kcal (9.95%), Fat: 11.73g (18.05%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 20.64g (7.51%), Sugar: 10.67g (11.86%), Cholesterol: 43.14mg (14.38%), Sodium: 143.21mg (6.23%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Protein: 2.52g (5.04%), Vitamin C: 13.38mg (16.22%), Manganese: 0.21mg (10.53%), Selenium: 6.33µg (9.04%), Vitamin K: 8.56µg (8.15%), Folate: 31.98µg (8%), Vitamin A: 392.84IU (7.86%), Vitamin B1: 0.11mg (7.5%), Vitamin B2: 0.12mg (7.03%), Calcium: 61.48mg (6.15%), Phosphorus: 48.05mg (4.8%), Fiber: 1.16g (4.64%), Iron: 0.82mg (4.54%), Vitamin B3: 0.91mg (4.53%), Potassium: 139.64mg (3.99%), Vitamin E: 0.46mg (3.04%), Magnesium: 10.4mg (2.6%), Vitamin B5: 0.21mg (2.13%), Copper: 0.04mg (1.91%), Vitamin B6: 0.03mg (1.63%), Zinc: 0.24mg (1.62%), Vitamin B12: 0.08µg (1.32%)