



Baked Rhubarb with Cinnamon Ice Cream

 Vegetarian  Gluten Free  Low Fod Map

READY IN



42 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground cinnamon
- 0.5 cup brown sugar light packed
- 2 cups whipped cream low-fat softened
- 1 pound rhubarb fresh trimmed cut into 1-inch pieces
- 0.3 teaspoon vanilla extract
- 0.3 cup water hot

Equipment

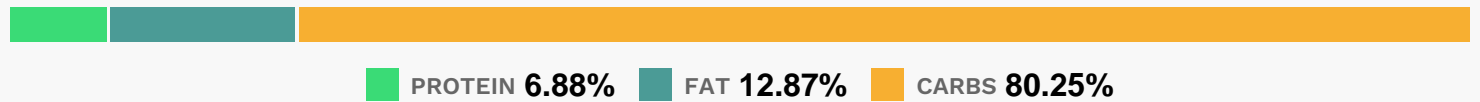
- bowl

- oven
- baking pan

Directions

- Preheat oven to 37
- Combine ice cream and cinnamon in a bowl; cover and freeze at least 30 minutes.
- While ice cream freezes, combine rhubarb and next 3 ingredients in an 11 x 7-inch baking dish; stir well to dissolve sugar.
- Bake at 375 for 30 minutes or until rhubarb is soft, stirring once during cooking.
- Let stand 10 minutes to cool.
- Serve with cinnamon ice cream.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:8.39, Inflammation Score:-4, Nutrition Score:8.1473912778108%

Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg

Nutrients (% of daily need)

Calories: 266.14kcal (13.31%), Fat: 3.9g (6%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 54.68g (18.23%), Net Carbohydrates: 52.34g (19.03%), Sugar: 44.75g (49.73%), Cholesterol: 20.52mg (6.84%), Sodium: 69.25mg (3.01%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 4.69g (9.38%), Vitamin K: 33.57µg (31.97%), Calcium: 244.43mg (24.44%), Potassium: 522.15mg (14.92%), Vitamin B2: 0.23mg (13.42%), Manganese: 0.27mg (13.3%), Vitamin C: 9.99mg (12.11%), Phosphorus: 95.35mg (9.54%), Fiber: 2.34g (9.34%), Vitamin A: 456.51IU (9.13%), Magnesium: 26.98mg (6.74%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.5mg (4.99%), Zinc: 0.68mg (4.54%), Selenium: 3.1µg (4.43%), Vitamin B1: 0.06mg (4.2%), Vitamin B6: 0.07mg (3.65%), Iron: 0.6mg (3.33%), Folate: 12.78µg (3.2%), Vitamin E: 0.4mg (2.67%), Copper: 0.05mg (2.63%), Vitamin B3: 0.48mg (2.38%)