



Coconut creams with poached rhubarb



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 2 sheets gelatin powder
- ☐ 400 ml coconut milk canned
- ☐ 6 tbsp sugar
- ☐ 1 vanilla pod
- ☐ 300 g rhubarb cut into short lengths

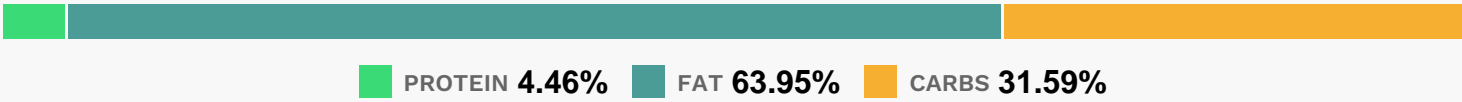
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐
- Put the gelatine into a bowl and cover with cold water. Leave to soak for 5 mins until softened.
- ☐
- Heat the coconut milk with 2 tbsp sugar in a pan. Bring to a gentle simmer, then remove from the heat. Lift the gelatine from the water and stir into the coconut milk. Keep stirring until the gelatine has dissolved, then pour into four small glass dishes or dessert bowls (if using glass, leave the milk to cool a little first). When the creams are cool, transfer to the fridge and leave to set.
- ☐
- Split the vanilla pod down the centre and put into a pan with 2 tbsp water and the remaining 4 tbsp sugar. Bring slowly to the boil to dissolve the sugar, then add the rhubarb and poach gently until softened but not mushy, about 3–4 mins. Leave to cool. Spoon the rhubarb over the coconut creams to serve.

Nutrition Facts



Properties

Glycemic Index:20.77, Glycemic Load:12.83, Inflammation Score:-3, Nutrition Score:9.1443479112957%

Flavonoids

Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3–gallate: 0.45mg, Epicatechin 3–gallate: 0.45mg, Epicatechin 3–gallate: 0.45mg, Epicatechin 3–gallate: 0.45mg

Nutrients (% of daily need)

Calories: 324.65kcal (16.23%), Fat: 24.54g (37.75%), Saturated Fat: 21.44g (134.03%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 23.68g (8.61%), Sugar: 22.18g (24.64%), Cholesterol: 0mg (0%), Sodium: 20.36mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Manganese: 1.08mg (53.9%), Vitamin K: 22.08µg (21.03%), Copper: 0.31mg (15.42%), Fiber: 3.58g (14.33%), Potassium: 483.31mg (13.81%), Magnesium: 46.75mg (11.69%), Phosphorus: 112.33mg (11.23%), Selenium: 7.62µg (10.88%), Vitamin C: 8.84mg (10.72%), Iron: 1.85mg (10.27%), Calcium: 81.46mg (8.15%), Folate: 21.78µg (5.45%), Zinc: 0.76mg (5.05%), Vitamin B3: 1mg (4.98%), Vitamin B1: 0.04mg (2.77%), Vitamin B6: 0.05mg (2.58%), Vitamin B5: 0.25mg (2.51%), Vitamin E: 0.35mg (2.36%), Vitamin B2: 0.03mg (1.66%), Vitamin A: 76.5IU (1.53%)