



Country Rhubarb Cake

READY IN



1500 min.

SERVINGS



8

CALORIES



508 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 2 cups cake flour sifted (not self-rising)
- ☐ 2 tablespoons powdered sugar
- ☐ 1 eggs separated
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup heavy whipping cream chilled
- ☐ 1 cup brown sugar light packed
- ☐ 1 lb rhubarb fresh cut into 1/2-inch pieces (3 cups),
- ☐ 0.5 cup butter unsalted cold cut into 1/2-inch cubes

- ☐ 0.5 teaspoon vanilla
- ☐ 1 tablespoon irish whiskey (preferably Irish)
- ☐ 0.3 cup milk whole

Equipment

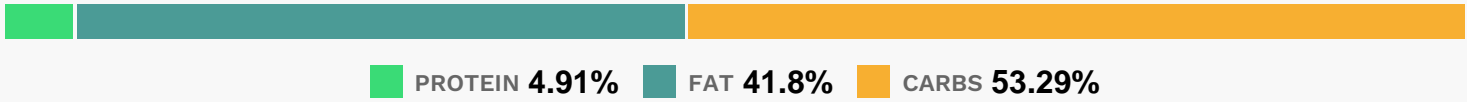
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Butter a 10-inch glass or ceramic pie plate or a 2 1/2-quart oval gratin dish and chill.
- ☐ Toss rhubarb with brown sugar in a bowl until coated.
- ☐ Whisk together flour, baking powder, and 1/2 cup granulated sugar in a large bowl until combined well. Blend in butter with a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Whisk together milk, whole egg, and yolk. Make a well in center of flour mixture and add milk mixture, stirring with a wooden spoon to gradually incorporate flour and form a soft, sticky dough.
- ☐ Transfer half of dough to chilled pie plate and pat out over bottom and halfway up side with well-floured hands, then spoon rhubarb and any juices onto dough. Using a tablespoon, spoon remaining dough in small mounds evenly over top. Lightly beat egg white with a few drops of water, then lightly brush cake with egg wash.
- ☐ Sprinkle remaining 2 tablespoons granulated sugar over top.
- ☐ Bake cake until top crust is golden and rhubarb is tender, 30 to 40 minutes.
- ☐ Transfer to a rack to cool, about 30 minutes.

- ☐
- Beat cream with confectioners sugar, whiskey, and vanilla in a bowl with an electric mixer until it forms stiff peaks.
- ☐
- Serve cake warm or at room temperature with whiskey cream.
- ☐
- Cake can be made 4 hours ahead and cooled completely, then kept, wrapped well in plastic wrap, at room temperature. Reheat if desired.

Nutrition Facts



Properties

Glycemic Index:36.89, Glycemic Load:23.89, Inflammation Score:-5, Nutrition Score:7.8895651983178%

Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg

Nutrients (% of daily need)

Calories: 507.57kcal (25.38%), Fat: 23.77g (36.57%), Saturated Fat: 14.6g (91.24%), Carbohydrates: 68.17g (22.72%), Net Carbohydrates: 66.4g (24.14%), Sugar: 43.25g (48.05%), Cholesterol: 85.8mg (28.6%), Sodium: 71.8mg (3.12%), Alcohol: 0.76g (100%), Alcohol %: 0.5% (100%), Protein: 6.28g (12.56%), Selenium: 16.36µg (23.38%), Manganese: 0.38mg (19.02%), Vitamin A: 896.5IU (17.93%), Vitamin K: 18.7µg (17.81%), Calcium: 137.11mg (13.71%), Phosphorus: 89.46mg (8.95%), Potassium: 286.38mg (8.18%), Vitamin B2: 0.14mg (8.16%), Fiber: 1.77g (7.09%), Vitamin E: 0.94mg (6.29%), Vitamin D: 0.91µg (6.07%), Vitamin C: 4.71mg (5.71%), Magnesium: 21.47mg (5.37%), Folate: 18.76µg (4.69%), Copper: 0.09mg (4.64%), Vitamin B5: 0.44mg (4.35%), Iron: 0.78mg (4.33%), Zinc: 0.53mg (3.53%), Vitamin B1: 0.05mg (3.4%), Vitamin B6: 0.06mg (3.15%), Vitamin B12: 0.18µg (2.93%), Vitamin B3: 0.55mg (2.77%)