



Crispy Rhubarb Pockets

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



365 kcal

SIDE DISH

Ingredients

- 0.5 pound rhubarb diced (2 cups)
- 0.3 cup granulated sugar
- 0.3 cup cornstarch
- 0.3 teaspoon salt
- 0.3 teaspoon vanilla extract

Equipment


- frying pan
- baking sheet

- sauce pan
- oven
- wire rack
- baking pan

Directions

- Combine the diced rhubarb, sugar, the cornstarch and salt in a medium saucepan and place over medium-low heat.
- Cook, stirring occasionally, until the rhubarb releases its liquid and begins to breakdown, creating a thick, chunky sauce, about 10 minutes.
- Remove the pan from the heat and stir in the vanilla extract.
- Set aside to cool to room temperature.
- Layer 4 phyllo sheets, brushing each with melted butter.
- Meanwhile, preheat the oven to 350 degrees F.
- Now let us cut four 4-inch squares from phyllo stack.
- Place 2 teaspoons of filling in center of square.
- Brush phyllo from edge of filling to each point of square lightly with water.
- Gather points of square and pinch together just above filling.
- Brush pouch with butter. Repeat process for all 4 pouches.
- Place filled pouches at least 1" apart on ungreased cookie sheet or baking pan.
- Bake in preheated 350F oven for 12 to 15 minutes or until golden brown.
- Take the pouches out and let them cool on wire rack for ~5 minutes.
- Serve warm or at room temperature.

Nutrition Facts

 PROTEIN 2.29%  FAT 1.53%  CARBS 96.18%

Properties

Glycemic Index:83.09, Glycemic Load:35.71, Inflammation Score:-3, Nutrition Score:9.4691304347826%

Flavonoids

Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg

Taste

Sweetness: 100%, Saltiness: 3.38%, Sourness: 92.24%, Bitterness: 20.06%, Savoriness: 2.43%, Fattiness: 1.48%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 364.93kcal (18.25%), Fat: 0.63g (0.97%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 89.43g (29.81%), Net Carbohydrates: 85.06g (30.93%), Sugar: 52.52g (58.36%), Cholesterol: 0mg (0%), Sodium: 593.91mg (25.82%), Alcohol: 0.34g (1.91%), Protein: 2.13g (4.25%), Vitamin K: 66.45µg (63.29%), Manganese: 0.47mg (23.36%), Vitamin C: 18.14mg (21.99%), Calcium: 196.65mg (19.67%), Potassium: 656.73mg (18.76%), Fiber: 4.37g (17.48%), Magnesium: 28.31mg (7.08%), Selenium: 3.69µg (5.27%), Vitamin A: 231.33IU (4.63%), Vitamin B2: 0.08mg (4.62%), Vitamin E: 0.61mg (4.08%), Folate: 15.88µg (3.97%), Iron: 0.68mg (3.78%), Phosphorus: 35.97mg (3.6%), Vitamin B3: 0.68mg (3.42%), Copper: 0.07mg (3.41%), Vitamin B1: 0.05mg (3.03%), Vitamin B6: 0.05mg (2.73%), Vitamin B5: 0.19mg (1.93%), Zinc: 0.25mg (1.69%)