

# Crumb-Topped Rhubarb

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

## Ingredients

- 0.5 cup brown sugar packed
- 6 tablespoons butter softened
- 6 tablespoons flour all-purpose
- 1 teaspoon ground cinnamon
- 3 cups rhubarb fresh diced
- 0.5 cup rolled oats
- 0.1 teaspoon salt
- 0.5 cup sugar

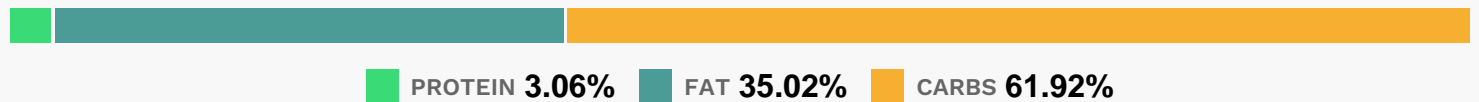
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a bowl, combine rhubarb, flour, sugar, cinnamon and salt. Spoon into a greased 11-in. x 7-in. baking dish; set aside.
- In a bowl, combine the flour, brown sugar and oats.
- Cut in butter until crumbly; sprinkle over rhubarb mixture.
- Bake at 350° for 40 minutes or until lightly browned and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:31.64, Glycemic Load:13.17, Inflammation Score:-3, Nutrition Score:4.4547825973967%

## Flavonoids

Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg

## Nutrients (% of daily need)

Calories: 225.57kcal (11.28%), Fat: 9.04g (13.9%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 34.33g (12.48%), Sugar: 26.39g (29.33%), Cholesterol: 22.58mg (7.53%), Sodium: 110.1mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Manganese: 0.37mg (18.25%), Vitamin K: 14.34µg (13.65%), Fiber: 1.62g (6.48%), Vitamin A: 309.8IU (6.2%), Selenium: 4.23µg (6.04%), Calcium: 59.41mg (5.94%), Vitamin B1: 0.08mg (5.15%), Potassium: 178.27mg (5.09%), Vitamin C: 3.67mg (4.45%), Iron: 0.7mg (3.91%), Folate: 15.59µg (3.9%), Magnesium: 15.32mg (3.83%), Phosphorus: 36.49mg (3.65%), Vitamin B2: 0.06mg (3.26%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.4mg (2.65%), Copper: 0.05mg (2.29%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.15mg (1.51%), Vitamin B6: 0.02mg (1.24%)