



Five-Ingredient Rhubarb Squares

 Dairy Free

READY IN



85 min.

SERVINGS



16

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box cake mix yellow
- 0.8 cup butter cold cut into small pieces
- 1.8 cups sugar
- 3 eggs
- 4 cups rhubarb fresh sliced
- 1 serving whipped cream

Equipment

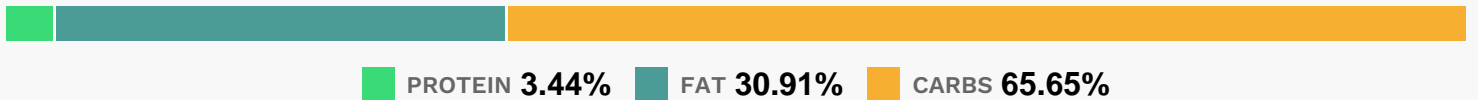
- bowl

- frying pan
- oven
- blender
- hand mixer

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Reserve 2 tablespoons of the cake mix. In large bowl, cut butter into remaining cake mix, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. In bottom of ungreased 13x9-inch pan, pat 2 cups of the mixture. Reserve remaining crumbly mixture for topping.
- Bake 13 minutes.
- In large bowl, beat reserved 2 tablespoons cake mix, the sugar and eggs with electric mixer on medium speed until creamy. Stir in rhubarb.
- Pour over partially baked crust.
- Sprinkle remaining crumbly mixture over top.
- Bake 45 to 50 minutes longer or until golden brown and center is set. Cool slightly before serving.
- Serve warm or cold with whipped cream. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:15.41, Inflammation Score:-4, Nutrition Score:4.8639130177705%

Flavonoids

Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg

Nutrients (% of daily need)

Calories: 298.8kcal (14.94%), Fat: 10.46g (16.1%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 49.07g (17.84%), Sugar: 36.22g (40.24%), Cholesterol: 30.98mg (10.32%), Sodium: 348.76mg

(15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Phosphorus: 123.55mg (12.36%), Calcium: 102.82mg (10.28%), Vitamin K: 9.91µg (9.43%), Vitamin A: 458.84IU (9.18%), Vitamin B2: 0.13mg (7.64%), Folate: 28.1µg (7.03%), Manganese: 0.12mg (6.23%), Vitamin B1: 0.09mg (5.68%), Selenium: 3.97µg (5.68%), Vitamin E: 0.8mg (5.32%), Iron: 0.89mg (4.97%), Vitamin B3: 0.85mg (4.24%), Fiber: 0.94g (3.75%), Potassium: 119.87mg (3.42%), Vitamin C: 2.46mg (2.98%), Vitamin B5: 0.28mg (2.8%), Vitamin B6: 0.05mg (2.37%), Magnesium: 8.24mg (2.06%), Vitamin B12: 0.12µg (1.96%), Copper: 0.04mg (1.86%), Zinc: 0.23mg (1.52%), Vitamin D: 0.17µg (1.11%)