



## Fresh Rhubarb Cake

READY IN



45 min.

SERVINGS



9

CALORIES



274 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 large eggs
- 1.3 cups flour all-purpose
- 0.8 cup buttermilk low-fat
- 2 teaspoons orange rind grated
- 1.5 pounds rhubarb fresh sliced
- 0.1 teaspoon salt
- 0.3 cup stick margarine softened

- 1.3 cups sugar divided
- 1 teaspoon vanilla extract

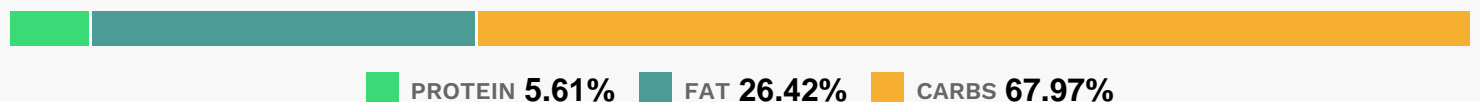
## Equipment

- bowl
- oven
- knife
- whisk
- blender
- baking pan
- measuring cup

## Directions

- Preheat oven to 35
- Combine rhubarb and 2/3 cup sugar in a bowl. Spoon rhubarb mixture into an 8-inch square baking dish coated with cooking spray. Beat 2/3 cup sugar and butter at medium speed of a mixer until well-blended (about 5 minutes).
- Add egg, beating well. Beat in orange rind and vanilla. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt; stir well with a whisk.
- Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Spoon batter over rhubarb mixture.
- Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:27.79, Glycemic Load:30.65, Inflammation Score:-4, Nutrition Score:7.1147826754529%

## Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg 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: 274.04kcal (13.7%), Fat: 8.21g (12.64%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 45.68g (16.61%), Sugar: 31.48g (34.98%), Cholesterol: 21.47mg (7.16%), Sodium: 264.05mg (11.48%), Alcohol: 0.15g (100%), Alcohol %: 0.12% (100%), Protein: 3.92g (7.84%), Vitamin K: 22.24µg (21.18%), Manganese: 0.27mg (13.54%), Selenium: 9.01µg (12.87%), Calcium: 123.76mg (12.38%), Vitamin B1: 0.16mg (10.79%), Vitamin B2: 0.17mg (10.25%), Folate: 40.89µg (10.22%), Vitamin A: 431.81IU (8.64%), Vitamin C: 6.87mg (8.33%), Potassium: 280.14mg (8%), Fiber: 1.88g (7.51%), Phosphorus: 70.01mg (7%), Vitamin B3: 1.28mg (6.38%), Iron: 1.15mg (6.37%), Magnesium: 16.29mg (4.07%), Vitamin E: 0.56mg (3.7%), Vitamin B5: 0.29mg (2.9%), Copper: 0.05mg (2.5%), Zinc: 0.36mg (2.38%), Vitamin B6: 0.04mg (2.19%), Vitamin B12: 0.1µg (1.7%)