



Fresh Rhubarb Torte

 Vegetarian

READY IN



85 min.

SERVINGS



10

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 3 egg yolks beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup milk
- ☐ 2.5 cups rhubarb diced
- ☐ 1.3 cups sugar white

Equipment

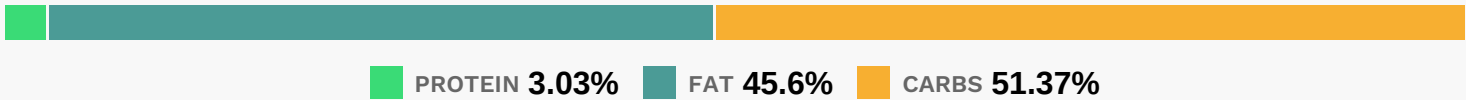
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C). Prepare a 9x9-inch baking dish with cooking spray.
- ☐ Mix together 1 cup of flour, 2 tablespoons of sugar, and the melted butter until well combined; pat the mixture into the bottom of the prepared baking dish.
- ☐ Bake the crust in the preheated oven until very lightly browned, about 25 minutes. Set aside to cool slightly. Increase oven heat to 350 degrees F (175 degrees C.)
- ☐ Stir together 1 1/4 cup of sugar, the rhubarb, 2 tablespoons flour, the milk, and beaten egg yolks until thoroughly combined; pour over the crust.
- ☐ Bake in the oven until set, 40 to 45 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.61, Glycemic Load:18.54, Inflammation Score:-2, Nutrition Score:3.1395651879518%

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: 211.76kcal (10.59%), Fat: 11.05g (17%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 27.42g (9.97%), Sugar: 25.72g (28.58%), Cholesterol: 83.7mg (27.9%), Sodium: 80.16mg (3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin K: 9.8µg (9.33%), Vitamin A: 405.79IU (8.12%), Selenium: 4.29µg (6.12%), Calcium: 46.4mg (4.64%), Vitamin B2: 0.06mg (3.82%), Phosphorus: 37.89mg (3.79%), Manganese: 0.07mg (3.72%), Folate: 13.1µg (3.28%), Vitamin E: 0.49mg (3.27%), Potassium: 110.75mg (3.16%), Vitamin C: 2.44mg (2.96%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.38µg (2.54%), Vitamin B5: 0.24mg (2.37%), Fiber: 0.59g (2.36%), Vitamin B1: 0.03mg (2.17%), Iron: 0.3mg (1.66%), Vitamin B6: 0.03mg (1.61%), Zinc: 0.21mg (1.41%), Magnesium: 5.46mg (1.37%)