



Fresh Strawberry and Rhubarb Sauce over Pound Cake

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 2 cups rhubarb fresh chopped
- ☐ 1 cup sugar
- ☐ 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 3 cups strawberries fresh sliced
- ☐ 1 cup whipping cream
- ☐ 1 tablespoon powdered sugar
- ☐ 1 teaspoon vanilla

☐ 16 oz round cake frozen thawed

Equipment

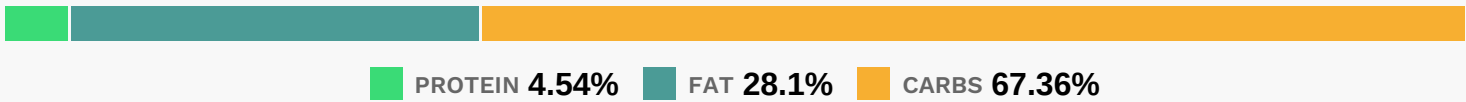
☐ bowl

☐ sauce pan

Directions

- ☐ In medium saucepan, combine rhubarb, sugar and juice drink; mix well. Cook over medium heat for 10 to 15 minutes or until rhubarb is tender and mixture is syrupy, stirring occasionally.
- ☐ Add 1 cup of the strawberries; cook and stir 1 to 2 minutes, mashing slightly.
- ☐ Remove from heat. Stir in remaining strawberries. Cool slightly. Refrigerate at least 1 hour or until chilled.
- ☐ Just before serving, in medium bowl, beat whipping cream, powdered sugar and vanilla until stiff peaks form.
- ☐ Cut pound cake into 16 slices.
- ☐ Place 2 slices on each dessert plate. Top slices with sauce and whipped cream. If desired, garnish each serving with fresh strawberry slice.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:19.32, Inflammation Score:-5, Nutrition Score:9.3634781837463%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 394.48kcal (19.72%), Fat: 12.58g (19.36%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 67.89g (22.63%), Net Carbohydrates: 65.97g (23.99%), Sugar: 51.6g (57.33%), Cholesterol: 91.45mg (30.48%), Sodium: 363.5mg (15.8%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 4.57g (9.15%), Vitamin C: 35.11mg (42.55%), Manganese: 0.39mg (19.49%), Vitamin B2: 0.24mg (13.9%), Phosphorus: 113.22mg (11.32%), Vitamin A: 565.79IU (11.32%), Vitamin K: 11.59µg (11.04%), Vitamin B1: 0.16mg (10.9%), Folate: 43.01µg (10.75%), Iron: 1.89mg (10.52%), Selenium: 6.77µg (9.67%), Calcium: 95.14mg (9.51%), Fiber: 1.92g (7.68%), Potassium: 262.2mg (7.49%), Vitamin B3: 1.42mg (7.11%), Vitamin E: 0.74mg (4.96%), Magnesium: 19.53mg (4.88%), Vitamin B5: 0.44mg (4.4%), Vitamin D: 0.59µg (3.93%), Copper: 0.08mg (3.86%), Vitamin B6: 0.08mg (3.84%), Zinc: 0.48mg (3.18%), Vitamin B12: 0.18µg (3.06%)