



Fresh Strawberry and Rhubarb Sauce over Pound Cake

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 16 oz round cake frozen thawed
- ☐ 1 tablespoon powdered sugar
- ☐ 2 cups rhubarb fresh chopped
- ☐ 3 cups strawberries fresh sliced
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla

☐ 1 cup whipping cream

Equipment

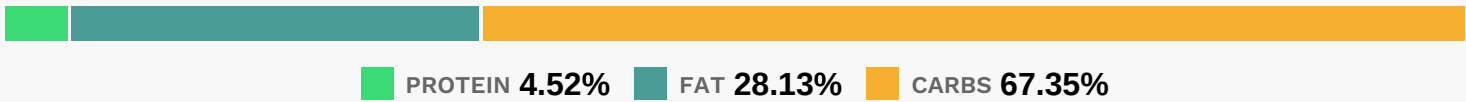
☐ bowl

☐ 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:20.48, Glycemic Load:19.14, Inflammation Score:-5, Nutrition Score:9.2804348572441%

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: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg 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: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 394.41kcal (19.72%), Fat: 12.58g (19.36%), Saturated Fat: 7.32g (45.77%), Carbohydrates: 67.8g (22.6%), Net Carbohydrates: 65.87g (23.95%), Sugar: 51.39g (57.1%), Cholesterol: 91.45mg (30.48%), Sodium: 363.65mg (15.81%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 4.55g (9.1%), Vitamin C: 34.44mg (41.75%), Manganese: 0.4mg (19.78%), Vitamin B2: 0.24mg (13.89%), Phosphorus: 112.74mg (11.27%), Vitamin A: 562.31IU (11.25%), Vitamin B1: 0.16mg (10.96%), Folate: 42.93µg (10.73%), Vitamin K: 11.19µg (10.66%), Iron: 1.88mg (10.46%), Selenium: 6.77µg (9.67%), Calcium: 95.13mg (9.51%), Fiber: 1.93g (7.71%), Potassium: 263.94mg (7.54%), Vitamin B3: 1.42mg (7.11%), Magnesium: 19.45mg (4.86%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.65mg (4.33%), Vitamin D: 0.59µg (3.93%), Vitamin B6: 0.07mg (3.71%), Copper: 0.07mg (3.69%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.18µg (3.06%)