



## Fresh Strawberry and Rhubarb Sauce Parfaits

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



391 kcal

DESSERT

### Ingredients

- 2 cups rhubarb fresh chopped
- 1 cup granulated sugar
- 0.3 cup sports drink
- 3 cups strawberries fresh sliced
- 1 cup whipping cream
- 1 tablespoon powdered sugar
- 1 teaspoon vanilla
- 16 oz round cake frozen thawed cubed

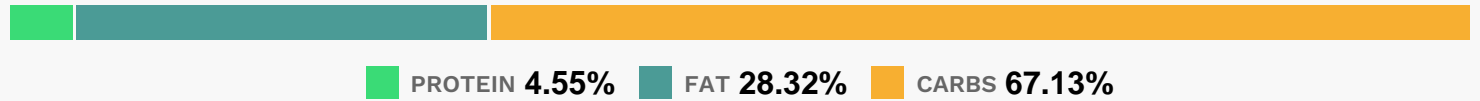
## Equipment

- bowl
- sauce pan

## Directions

- In 2-quart saucepan, cook rhubarb, granulated sugar and drink over medium heat 10 to 15 minutes, stirring occasionally, until rhubarb is tender and mixture is syrupy.
- 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 until chilled.
- Just before serving, in medium bowl, beat whipping cream, powdered sugar and vanilla until stiff peaks form. In each of 8 parfait glasses, layer sauce, cake cubes and whipped cream; repeat layers.
- Serve immediately. If desired, garnish each serving with fresh strawberry slice.

## Nutrition Facts



## Properties

Glycemic Index:15.39, Glycemic Load:18.79, Inflammation Score:-5, Nutrition Score:9.250869502192%

## 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, 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 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

0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg  
Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 391.34kcal (19.57%), Fat: 12.57g (19.34%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 67.05g (22.35%),  
Net Carbohydrates: 65.14g (23.69%), Sugar: 50.64g (56.27%), Cholesterol: 91.45mg (30.48%), Sodium: 365.22mg  
(15.88%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 4.54g (9.09%), Vitamin C: 34.37mg (41.66%),  
Manganese: 0.39mg (19.49%), Vitamin B2: 0.23mg (13.82%), Vitamin A: 562.23IU (11.24%), Phosphorus: 112.19mg  
(11.22%), Vitamin B1: 0.16mg (10.86%), Folate: 42.93µg (10.73%), Vitamin K: 11.19µg (10.66%), Iron: 1.87mg (10.41%),  
Calcium: 99.51mg (9.95%), Selenium: 6.76µg (9.66%), Fiber: 1.91g (7.65%), Potassium: 256.11mg (7.32%), Vitamin B3:  
1.42mg (7.08%), Magnesium: 19.56mg (4.89%), Vitamin B5: 0.44mg (4.4%), Vitamin E: 0.65mg (4.32%), Vitamin D:  
0.59µg (3.93%), Copper: 0.07mg (3.65%), Vitamin B6: 0.07mg (3.64%), Zinc: 0.47mg (3.13%), Vitamin B12: 0.18µg  
(3.06%)