



 3%
HEALTH SCORE

German Rhubarb Cake with Meringue

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



201 kcal

DESSERT

Ingredients

- 600 g rhubarb cubed peeled
- 2 Tablespoons sugar
- 130 g sugar
- 5 ml vanilla extract
- 0.1 teaspoon salt
- 2 large eggs
- 150 g flour
- 50 g almonds

- 2 teaspoons double-acting baking powder
- 3 egg whites
- 150 g sugar
- 12 servings almonds sliced for topping

Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Preheat the oven to 350F Convection. Grease a round 26 cm Spring pan (9 1/2 inch).
- Wash, dry and peel the rhubarb.
- Cut it in little pieces, mix with 2 tablespoon of sugar and let sit for at least 1/2 hour. It will extract a lot of water that needs to be drained. Pat rhubarb dry for further use.
- In a kitchen machine beat together butter, sugar and vanilla extract until the butter is fluffy and the sugar is dissolved. Put in the eggs, one at a time and mix well.
- In a separate bowl sift together flour, ground almonds, salt and baking powder, add slowly to the egg mixture. Dont over mix.
- Fill dough into the spring pan, top with dried rhubarb and bake for 25 min.
- In the mean time prepare the meringue/ baisier topping. Beat egg whites until stiff peaks form. Slowly add the sugar until meringue is firm and shiny.
- Spread the meringue evenly over the rhubarb and decorate with almond slices. Return to the oven for another 15 min. Cover the cake with aluminum foil after 5 min. in case the meringue does turn too dark.
- Cool completely before removing the cake from the pan.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:24.98, Inflammation Score:-2, Nutrition Score:6.635652173913%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.67kcal (10.03%), Fat: 3.69g (5.67%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 36.62g (13.32%), Sugar: 26.22g (29.14%), Cholesterol: 31mg (10.33%), Sodium: 121.76mg (5.29%), Protein: 4.7g (9.41%), Manganese: 0.31mg (15.32%), Vitamin K: 14.71µg (14.01%), Selenium: 9.21µg (13.16%), Vitamin B2: 0.21mg (12.46%), Vitamin E: 1.55mg (10.35%), Calcium: 103.45mg (10.34%), Folate: 32.87µg (8.22%), Vitamin B1: 0.12mg (8.16%), Phosphorus: 77.61mg (7.76%), Fiber: 1.88g (7.54%), Potassium: 220.16mg (6.29%), Iron: 1.12mg (6.22%), Magnesium: 24.75mg (6.19%), Vitamin B3: 1.09mg (5.45%), Vitamin C: 4mg (4.85%), Copper: 0.09mg (4.58%), Zinc: 0.41mg (2.74%), Vitamin B5: 0.26mg (2.64%), Vitamin B6: 0.04mg (1.96%), Vitamin A: 96.05IU (1.92%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.11%)