



 **2%**
HEALTH SCORE

Gluten-Free Rhubarb, Lemon and Almond Cake

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



439 kcal

DESSERT

Ingredients

- 4 eggs
- 0.3 cup sugar
- 9 tablespoons country crock buttery spread soft
- 3 cups almond flour (ground almonds)
- 0.5 cup rice flour
- 1 teaspoon double-acting baking powder
- 1 lemon zest

- 4 stalks rhubarb (approx 150 g)
- 2 teaspoons sugar

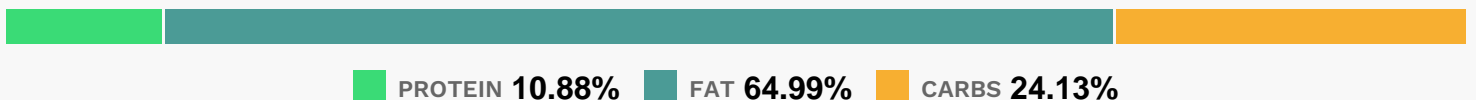
Equipment

- bowl
- baking paper
- oven
- blender
- cake form
- skewers

Directions

- Pre-heat the oven to 180 C/355 F. Grease a 25 cm/9 inch cake tin and line the bottom with a round of baking paper. Wash the rhubarb stalks, cut into 1 inch lengths and while still slightly damp from washing, in a small bowl combine with the 2tsp of extra castor sugar to coat and set aside.
- Beat the eggs and sugar using either a hand-held electric beater or a stand-up mixer for 5 minutes until very thick and pale in colour. Slowly beat in the soft butter, then beat for a further few minutes. A few small lumps of butter will remain, this is okay. Gently fold in the almond meal, rice flour, baking powder and lemon zest. Spoon the mixture into the cake tin. Dot the rhubarb pieces on top, gently pushing them down into the batter a little.
- Bake for 35-40 minutes until a skewer pushed into the centre of the cake comes out clean and the rhubarb is tender.
- Cool in the tin before serving dusted with icing sugar and softly whipped cream on the side. Enjoy!

Nutrition Facts



Properties

Glycemic Index:39.15, Glycemic Load:12.02, Inflammation Score:-5, Nutrition Score:7.4430434782609%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 439.09kcal (21.95%), Fat: 33.29g (51.21%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 22.58g (8.21%), Sugar: 11.19g (12.43%), Cholesterol: 81.84mg (27.28%), Sodium: 187.14mg (8.14%), Protein: 12.53g (25.07%), Vitamin E: 3.36mg (22.39%), Fiber: 5.23g (20.93%), Vitamin K: 16.28µg (15.5%), Calcium: 153.93mg (15.39%), Vitamin A: 746.68IU (14.93%), Selenium: 8.61µg (12.3%), Iron: 2.13mg (11.83%), Manganese: 0.18mg (8.83%), Phosphorus: 68.61mg (6.86%), Vitamin B2: 0.11mg (6.63%), Vitamin B5: 0.44mg (4.43%), Vitamin B6: 0.09mg (4.42%), Vitamin C: 3.01mg (3.65%), Potassium: 117.3mg (3.35%), Vitamin B12: 0.2µg (3.26%), Folate: 12.62µg (3.16%), Vitamin D: 0.44µg (2.93%), Zinc: 0.39mg (2.61%), Magnesium: 9.45mg (2.36%), Vitamin B1: 0.03mg (1.88%), Copper: 0.04mg (1.78%), Vitamin B3: 0.36mg (1.77%)