



Grilled Rhubarb Brown Betty

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds with skins roughly chopped
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)

- ☐ 5 stalks rhubarb cut into 1-inch pieces (4 cups)
- ☐ 6 servings strawberry ice cream for serving
- ☐ 4 tablespoons butter unsalted cold plus more for the skillet cut into small pieces,

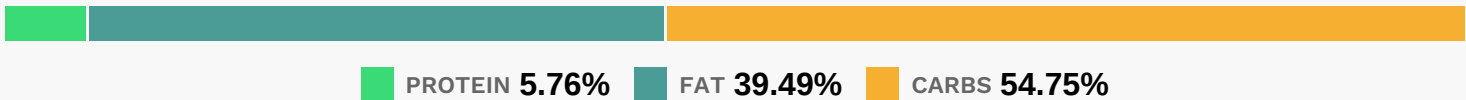
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Preheat a grill to medium low.
- ☐ Whisk the panko, brown sugar, 1/4 cup granulated sugar, the cinnamon, allspice, ginger and cloves in a medium bowl until combined. In another bowl, toss the rhubarb with the remaining 2/3 cup granulated sugar and the lemon juice to coat.
- ☐ Butter a shallow 8-inch ovenproof skillet or flameproof baking dish.
- ☐ Sprinkle 3 tablespoons of the breadcrumb mixture in the bottom of the skillet. Top with the rhubarb, then sprinkle with the remaining crumbs and the almonds. Dot with the cut-up butter.
- ☐ Put the skillet on the center of the grill; close the lid or place a disposable roasting pan over the skillet. Grill until the filling is bubbly and the topping is golden brown and crisp, 15 to 20 minutes.
- ☐ Let cool slightly, about 10 minutes.
- ☐ Serve warm and top with strawberry ice cream.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:15.79, Inflammation Score:-5, Nutrition Score:10.906086877636%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 433.63kcal (21.68%), Fat: 19.78g (30.42%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 61.7g (20.57%), Net Carbohydrates: 58.08g (21.12%), Sugar: 32.72g (36.35%), Cholesterol: 39.21mg (13.07%), Sodium: 118.69mg (5.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Manganese: 0.64mg (31.81%), Vitamin E: 3.4mg (22.7%), Vitamin B2: 0.37mg (21.48%), Calcium: 182.54mg (18.25%), Phosphorus: 149.11mg (14.91%), Fiber: 3.62g (14.48%), Vitamin K: 13.95µg (13.28%), Magnesium: 52.62mg (13.16%), Vitamin C: 8.89mg (10.78%), Potassium: 374.33mg (10.7%), Vitamin B1: 0.16mg (10.69%), Vitamin A: 490.39IU (9.81%), Copper: 0.19mg (9.61%), Selenium: 5.14µg (7.34%), Iron: 1.31mg (7.27%), Folate: 27.48µg (6.87%), Vitamin B3: 1.37mg (6.84%), Vitamin B5: 0.65mg (6.48%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.25µg (4.15%), Vitamin B6: 0.08mg (3.89%)