



## Individual Rhubarb Crisps

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



176 kcal

DESSERT

### Ingredients

- 0.3 teaspoon cinnamon
- 1.5 teaspoons cornstarch
- 3 tablespoons flour all-purpose
- 0.3 cup brown sugar light packed
- 0.3 cup old-fashioned oats instant (not )
- 1 lb rhubarb trimmed cut into 1/2-inch pieces
- 6 tablespoons sugar
- 3 tablespoons butter unsalted chilled cut into small pieces

## Equipment

- food processor
- bowl
- baking sheet
- oven
- wire rack
- ramekin

## Directions

- Combine sugar, rhubarb and cornstarch in a large bowl.
- Let stand, stirring occasionally, until sugar and cornstarch are dissolved, about 10 minutes.
- Make topping: Pulse oats, brown sugar, flour, cinnamon and butter in food processor until well combined (pieces should be no bigger than pea-size).
- Spoon fruit into 6 6-oz. ramekins. Scatter topping evenly over filling.
- Place ramekins on lined baking sheet and bake until fruit is bubbling and topping is browned, 25 to 30 minutes.
- Transfer to wire rack to cool.
- Serve warm and topped with whipped cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:33.85, Glycemic Load:11.5, Inflammation Score:-3, Nutrition Score:4.7773913410695%

## Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg

## Nutrients (% of daily need)

Calories: 175.66kcal (8.78%), Fat: 6.13g (9.42%), Saturated Fat: 3.68g (23%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 28.2g (10.25%), Sugar: 21.75g (24.17%), Cholesterol: 15.05mg (5.02%), Sodium: 6.81mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin K: 22.75µg (21.66%), Manganese: 0.32mg (15.89%), Calcium: 77.59mg (7.76%), Fiber: 1.85g (7.41%), Vitamin C: 6.05mg (7.33%), Potassium: 248.45mg (7.1%), Vitamin A: 252.29IU (5.05%), Selenium: 3.35µg (4.78%), Vitamin B1: 0.06mg (4.03%), Magnesium: 15.59mg (3.9%), Folate: 13.54µg (3.39%), Iron: 0.57mg (3.14%), Phosphorus: 30.65mg (3.07%), Vitamin B2: 0.05mg (3.01%), Vitamin E: 0.38mg (2.57%), Vitamin B3: 0.5mg (2.5%), Copper: 0.04mg (2.06%), Zinc: 0.24mg (1.58%), Vitamin B5: 0.14mg (1.39%), Vitamin B6: 0.03mg (1.36%)