



Mom's Rhubarb Custard Torte

READY IN



465 min.

SERVINGS



15

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 2 tablespoons butter or as needed cut into small chunks -
- ☐ 12 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon to taste
- ☐ 2 cups cooking oats quick
- ☐ 8 cups rhubarb fresh sliced
- ☐ 1 pinch salt
- ☐ 0.8 cup vegetable shortening

☐ 1 cup sugar white

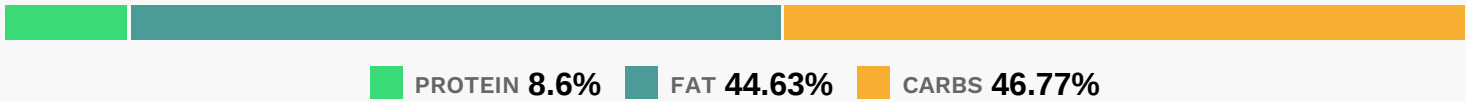
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix 2 cups flour, oats, brown sugar, vegetable shortening, and 1/2 teaspoon salt in a large mixing bowl until the ingredients are crumbly. Reserve 3/4 cup of the crust mixture in a bowl and press remaining crust mixture into the bottom of a 9x13-inch baking pan.
- ☐ Spread rhubarb evenly over the crust.
- ☐ Whisk eggs, white sugar, 1/2 cup flour, and 1 pinch of salt in a bowl until smooth; pour the egg mixture over the rhubarb. Scatter the reserved oat mixture over the top. Dust the torte lightly with cinnamon and spread small butter chunks evenly over the top.
- ☐ Bake in the preheated oven until a knife inserted into the center of the torte comes out clean, about 1 hour. Refrigerate at least 6 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:18.54, Glycemic Load:15.97, Inflammation Score:-3, Nutrition Score:9.8226088440937%

Flavonoids

Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg

Nutrients (% of daily need)

Calories: 316.57kcal (15.83%), Fat: 16.07g (24.72%), Saturated Fat: 4.78g (29.91%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 35.55g (12.93%), Sugar: 24.99g (27.77%), Cholesterol: 134.96mg (44.99%), Sodium: 71.21mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Manganese: 0.65mg (32.49%), Selenium: 16.84µg (24.06%), Vitamin K: 25.13µg (23.94%), Phosphorus: 133.75mg (13.37%), Vitamin B2: 0.22mg (12.77%), Magnesium: 43.21mg (10.8%), Fiber: 2.34g (9.34%), Calcium: 91.86mg (9.19%), Vitamin E: 1.3mg (8.64%), Iron: 1.55mg (8.62%), Potassium: 294.76mg (8.42%), Folate: 32.35µg (8.09%), Vitamin B1: 0.12mg (8.02%), Vitamin B5: 0.78mg (7.76%), Vitamin C: 5.21mg (6.31%), Vitamin A: 303.29IU (6.07%), Zinc: 0.9mg (6.01%), Vitamin B12: 0.32µg (5.27%), Vitamin D: 0.7µg (4.69%), Vitamin B6: 0.09mg (4.64%), Copper: 0.09mg (4.57%), Vitamin B3: 0.57mg (2.85%)