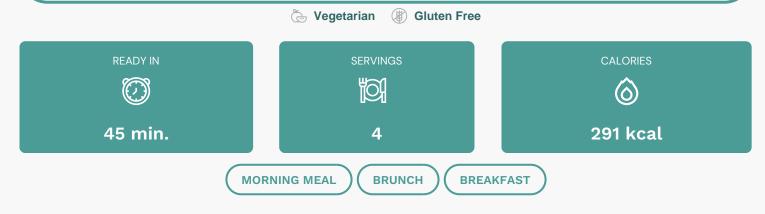


## **Rhubarb and Pistachios over Thick Yogurt**



## Ingredients

0.5 teaspoon cardamom
O.3 teaspoon nutmeg
0.5 cup honey
0.5 cup pistachios coarsely chopped
4 stalks rhubarb trimmed
1 teaspoon rosewater
1 pinch salt
1 teaspoon vanilla extract

	2 cups greek yogurt greek-style	
Equipment		
	bowl	
	sauce pan	
	wooden spoon	
Directions		
	Cut the rhubarb into 1-inch pieces and put in a small saucepan with 1/4 cup water. Cover and bring to a boil, then decrease the heat and simmer, stirring occasionally. When the rhubarb starts to soften, after about 5 minutes, stir in the cardamom, nutmeg, and salt. Break up any large pieces of rhubarb with a wooden spoon. Continue to simmer, covered, until the rhubarb is completely softened, about 4 minutes more.	
	Remove from the heat and stir in the honey and vanilla extract.	
	Let cool.	
	Add the rose water.	
	To serve, put 1/2 cup of yogurt in each bowl and top with a few tablespoons of the rhubarb. Scatter a few tablespoons of pistachios over the top.	
	Lucid Food: Cooking for an Eco-Conscious Life by Louisa Shafia, copyright © 201	
	Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc.LOUISA SHAFIA is the founder of Lucid Food, an eco-friendly fine catering company based in New York City. A graduate of the Natural Gourmet Institute, she has worked at Millennium Restaurant and Roxanne's in the San Francisco Bay Area, and at Aquavit and Pure Food and Wine in New York.	
Nutrition Facts		
	PROTEIN 18.37% FAT 22.13% CARBS 59.5%	
Properties		
Glycemic Index:39.57, Glycemic Load:18.9, Inflammation Score:-3, Nutrition Score:10.186086893082%		

## **Flavonoids**

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Quercetin: 0

## Nutrients (% of daily need)

Calories: 291.25kcal (14.56%), Fat: 7.51g (11.56%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 45.46g (15.15%), Net Carbohydrates: 42.78g (15.56%), Sugar: 39.96g (44.4%), Cholesterol: 5mg (1.67%), Sodium: 49.73mg (2.16%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 14.04g (28.07%), Phosphorus: 220.94mg (22.09%), Manganese: 0.4mg (20.17%), Vitamin B2: 0.34mg (19.91%), Calcium: 174.85mg (17.48%), Vitamin B6: 0.35mg (17.44%), Selenium: 11.88µg (16.97%), Vitamin K: 14.94µg (14.23%), Potassium: 472.23mg (13.49%), Copper: 0.25mg (12.29%), Vitamin B12: 0.7µg (11.67%), Vitamin B1: 0.17mg (11.13%), Fiber: 2.68g (10.73%), Magnesium: 37.49mg (9.37%), Zinc: 1.03mg (6.9%), Vitamin C: 5.21mg (6.31%), Iron: 1mg (5.57%), Folate: 19.35µg (4.84%), Vitamin B5: 0.48mg (4.83%), Vitamin E: 0.5mg (3.34%), Vitamin B3: 0.62mg (3.12%), Vitamin A: 119.95IU (2.4%)