



Rhubarb and Pistachios over Thick Yogurt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon cardamom
- ☐ 0.3 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

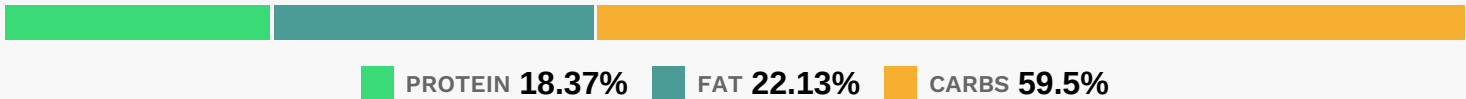
Equipment

- ☐ 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.LOUI莎 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



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 Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3–gallate: 0.31mg, Epicatechin 3–gallate: 0.31mg, Epicatechin 3–gallate: 0.31mg, Epicatechin 3–gallate: 0.31mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

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%)