

Rhubarb Bars

READY IN



75 min.

SERVINGS



30

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter
- 2 eggs
- 1 cup flour all-purpose
- 2 tablespoons milk
- 5 cups rhubarb fresh sliced
- 3 ounce strawberry jell-o flavored
- 2 cups sugar white

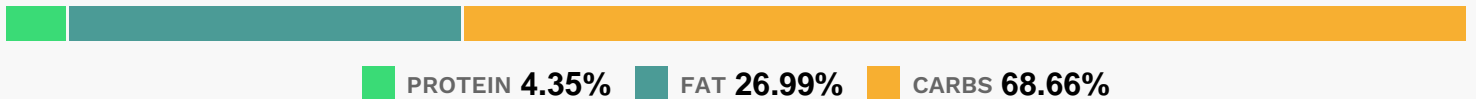
Equipment

- bowl
- frying pan
- oven
- pastry cutter

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 10x15 inch jellyroll pan.
- In a large bowl, stir together 2 cups of flour and baking powder.
- Cut in 1/2 cup of butter by pinching between your fingers or using a fork or pastry cutter until the mixture is crumbly. Stir in the egg and milk just until the mixture is moistened. Pat into the bottom of the prepared pan.
- Spread rhubarb over the crust in an even layer, then sprinkle the dry gelatin powder over the rhubarb.
- Prepare the topping by stirring together 2 cups white sugar and 1 cup flour.
- Cut in 1/2 cup of butter as you did for the crust.
- Sprinkle the topping evenly over the rhubarb.
- Bake in the preheated oven until the topping is golden brown and the rhubarb is tender enough to easily pierce with a fork, about 45 minutes. Cool and then cut into bars to serve.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:11.73, Inflammation Score:-1, Nutrition Score:1.9482608683731%

Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 113.56kcal (5.68%), Fat: 3.5g (5.39%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 19.58g (7.12%), Sugar: 16.04g (17.82%), Cholesterol: 19.17mg (6.39%), Sodium: 57.25mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin K: 6.25µg (5.95%), Selenium: 2.86µg (4.09%), Manganese: 0.07mg (3.5%), Calcium: 29.95mg (2.99%), Vitamin B2: 0.05mg (2.73%), Folate: 10.63µg (2.66%), Vitamin A: 132.75IU (2.65%), Vitamin B1: 0.04mg (2.59%), Phosphorus: 21.99mg (2.2%), Potassium: 69.97mg (2%), Vitamin C: 1.63mg (1.97%), Fiber: 0.48g (1.92%), Iron: 0.32mg (1.75%), Vitamin B3: 0.31mg (1.56%), Vitamin E: 0.18mg (1.18%)