



Rhubarb Cobbler

 Vegetarian  Popular

READY IN



20 min.

SERVINGS



9

CALORIES



136 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 cup butter
- 2 tablespoons cornstarch
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup milk
- 4 cups rhubarb chopped

- 0.3 teaspoon salt
- 1 tablespoon water
- 2 tablespoons sugar white

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9 inch square baking dish.
- In a saucepan, mix 3/4 cup sugar and cornstarch. Stir in the rhubarb and water. Bring to a boil. Cook and stir for 1 minute.
- Transfer to the prepared baking dish. Dot with butter, and sprinkle with cinnamon.
- In a medium bowl, sift together flour, 1 tablespoon sugar, baking powder, and salt.
- Cut in the butter until the mixture resembles coarse crumbs.
- In a small bowl, mix the milk and egg.
- Add all at once to dry ingredients, stirring just to moisten. Drop by teaspoonfuls on top of the rhubarb mixture.
- Sprinkle with sugar.
- Bake for 20 minutes in the preheated oven, until crisp and lightly browned.

Nutrition Facts



PROTEIN 8.2% FAT 39.47% CARBS 52.33%

Properties

Glycemic Index:38.12, Glycemic Load:10.02, Inflammation Score:-3, Nutrition Score:5.406956491263%

Flavonoids

Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg

Nutrients (% of daily need)

Calories: 136.15kcal (6.81%), Fat: 6.05g (9.31%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 16.57g (6.03%), Sugar: 3.65g (4.05%), Cholesterol: 32.56mg (10.85%), Sodium: 188.06mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin K: 16.47µg (15.69%), Manganese: 0.24mg (12.14%), Calcium: 102.85mg (10.29%), Selenium: 7.07µg (10.1%), Vitamin B1: 0.13mg (8.4%), Folate: 31.71µg (7.93%), Vitamin B2: 0.12mg (7.02%), Fiber: 1.49g (5.95%), Phosphorus: 55.61mg (5.56%), Potassium: 190.66mg (5.45%), Iron: 0.95mg (5.29%), Vitamin C: 4.35mg (5.27%), Vitamin A: 250.92IU (5.02%), Vitamin B3: 1mg (5%), Magnesium: 11.47mg (2.87%), Vitamin E: 0.36mg (2.41%), Vitamin B5: 0.21mg (2.15%), Copper: 0.04mg (1.86%), Zinc: 0.25mg (1.69%), Vitamin B6: 0.03mg (1.61%), Vitamin B12: 0.09µg (1.51%), Vitamin D: 0.17µg (1.15%)