

Rhubarb Compote

 Vegetarian

READY IN

ready

20 min.

SERVINGS

servings

8

CALORIES

calories

253 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon ground cinnamon for dusting plus more
- ☐ 0.3 cup honey
- ☐ 1 pound rhubarb cut into 1/2-inch pieces 4 cups
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons butter unsalted cut into pieces
- ☐ 1 pint whipped cream frozen
- ☐ 2 large rectangles wheat cereal shredded

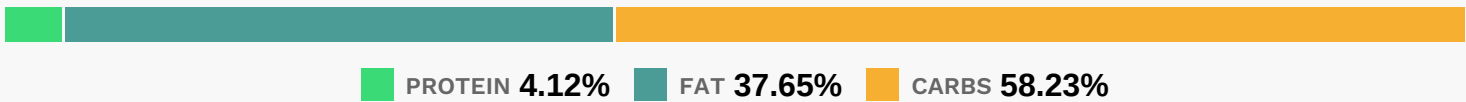
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine the rhubarb, sugar, honey, butter and cinnamon in a large microwave-safe bowl. Cover with plastic wrap and pierce once or twice to allow steam to escape. Microwave until the rhubarb is tender, about 6 minutes. Carefully remove the plastic wrap and stir.
- ☐ Meanwhile, break the shredded wheat into smaller pieces in a bowl. Dust with confectioners' sugar and cinnamon.
- ☐ Spoon the rhubarb compote into bowls, top with ice cream and sprinkle with the shredded wheat.
- ☐ Photograph by Jonny Valiant

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:21.74, Inflammation Score:-3, Nutrition Score:5.0726087197014%

Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg

Nutrients (% of daily need)

Calories: 253.46kcal (12.67%), Fat: 10.92g (16.81%), Saturated Fat: 6.74g (42.15%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 36.46g (13.26%), Sugar: 34.34g (38.16%), Cholesterol: 37.31mg (12.44%), Sodium: 50.74mg (2.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin K: 17.2µg (16.38%), Calcium: 127.87mg (12.79%), Vitamin B2: 0.17mg (9.85%), Vitamin A: 438.41IU (8.77%), Potassium: 289.49mg (8.27%), Manganese: 0.15mg (7.66%), Phosphorus: 72.73mg (7.27%), Fiber: 1.55g (6.21%), Vitamin C: 4.97mg (6.03%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.24µg (3.99%), Magnesium: 15.81mg (3.95%), Zinc: 0.5mg (3.36%), Vitamin E: 0.46mg (3.03%), Selenium: 1.91µg (2.73%), Vitamin B1: 0.04mg (2.43%), Vitamin B6: 0.05mg (2.39%), Folate: 7.41µg (1.85%), Copper: 0.03mg (1.62%), Iron: 0.25mg (1.38%), Vitamin B3: 0.27mg (1.34%), Vitamin D: 0.2µg (1.31%)