



Rhubarb Compote with Toasted-Almond Ice Cream Balls



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

SAUCE

Ingredients

- ☐ 0.7 cup almonds toasted sliced
- ☐ 2 teaspoons .3 oz. of pearl tapioca instant
- ☐ 0.5 cup orange marmalade
- ☐ 1.5 pounds rhubarb (see Notes)
- ☐ 0.3 cup sugar
- ☐ 1.5 pints whipped cream

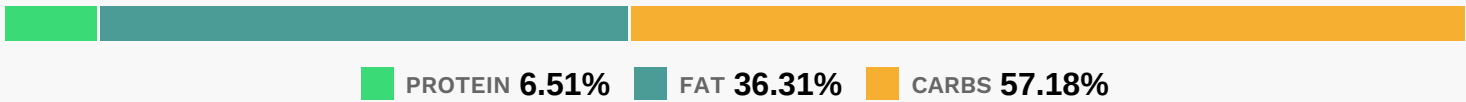
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 35
- ☐ Trim rhubarb and cut into 1/2-in. pieces. In a large bowl, mix rhubarb with sugar, tapioca, and marmalade and let sit 15 minutes. Divide rhubarb and juices among eight 1-cup ramekins and set ramekins on a baking sheet.
- ☐ Bake rhubarb until soft but still holding its shape, about 30 minutes.
- ☐ Transfer to a rack and let cool a little.
- ☐ Meanwhile, scoop out 8 small ice cream balls and set on baking sheet in freezer. Freeze at least 15 minutes, or until quite hard. Put almonds in a bowl and coat each ball with nuts; then put the balls back in freezer until ready to serve.
- ☐ Serve rhubarb warm or at room temperature, each ramekin topped with an ice cream ball.

Nutrition Facts



Properties

Glycemic Index:19.26, Glycemic Load:18.58, Inflammation Score:-5, Nutrition Score:9.5773912668228%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 330.52kcal (16.53%), Fat: 13.78g (21.2%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 45.6g (16.58%), Sugar: 40.39g (44.88%), Cholesterol: 39.04mg (13.01%), Sodium: 85.74mg (3.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.11%), Vitamin K: 25.19µg (23.99%), Calcium: 215.01mg (21.5%), Vitamin B2: 0.33mg (19.55%), Manganese: 0.35mg (17.67%), Vitamin E: 2.47mg (16.47%), Phosphorus: 142.74mg (14.27%), Potassium: 485.26mg (13.86%), Fiber: 3.25g (13%), Magnesium: 43.73mg (10.93%), Vitamin C: 8.3mg (10.06%), Vitamin A: 472.74IU (9.45%), Copper: 0.14mg (6.79%), Zinc: 0.95mg (6.3%), Vitamin B5: 0.63mg (6.27%), Vitamin B12: 0.35µg (5.77%), Vitamin B1: 0.07mg (4.67%), Selenium: 3.02µg (4.31%), Folate: 15.56µg (3.89%), Vitamin B6: 0.08mg (3.87%), Iron: 0.59mg (3.25%), Vitamin B3: 0.65mg (3.23%), Vitamin D: 0.18µg (1.18%)