



## Rhubarb compote with vanilla crème fraîche & pancakes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



259 kcal

SAUCE

### Ingredients

- 450 g rhubarb cut into 4cm pieces
- 85 g sugar
- 3 tbsp honey
- 1 lemon zest finely grated
- 2 vanilla pod
- 1 pieces ginger cut into thin shards
- 1 tsp powdered sugar

200 ml crème fraîche

## Equipment

bowl

frying pan

oven

## Directions

Heat oven to 140C/fan 120C/gas

Put the rhubarb pieces into a bowl and add the sugar, honey, a squeeze of lemon juice and 3 tbsp water.

Mix well, then lay the pieces flat in a roasting tray. Split the vanilla pods in half, then scrape out the seeds and reserve for the vanilla crme frache.

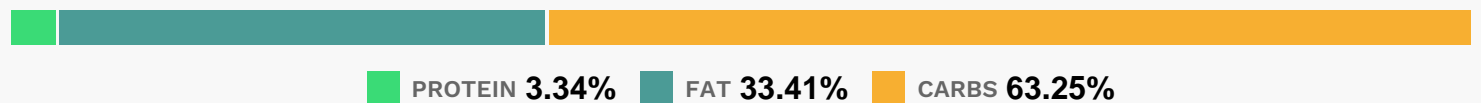
Add the vanilla pods to the rhubarb, then bake in the oven for 30 mins.

Meanwhile, stir the vanilla seeds and icing sugar into the crme frache. When the rhubarb is cooked, drain the juices into a pan, then boil to thicken slightly.

Mix the rhubarb with the stem ginger and juices, then spoon over pancakes. Top with a spoonful of vanilla crme frache and a sprinkling of lemon zest.

Serve with our easiest ever pancakes. For recipe see 'Goes well with' above.

## Nutrition Facts



## Properties

Glycemic Index:37.59, Glycemic Load:22.01, Inflammation Score:-4, Nutrition Score:6.414347793745%

## Flavonoids

Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg

## Nutrients (% of daily need)

Calories: 258.77kcal (12.94%), Fat: 10.1g (15.55%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 40.81g (14.84%), Sugar: 37.71g (41.9%), Cholesterol: 28.68mg (9.56%), Sodium: 20.55mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Vitamin K: 33.69µg (32.09%), Calcium: 149.06mg (14.91%), Vitamin C: 11.46mg (13.9%), Manganese: 0.24mg (11.99%), Potassium: 396.82mg (11.34%), Fiber: 2.22g (8.88%), Vitamin A: 418.33IU (8.37%), Vitamin B2: 0.13mg (7.46%), Phosphorus: 53.59mg (5.36%), Magnesium: 19.01mg (4.75%), Selenium: 3.31µg (4.72%), Vitamin E: 0.49mg (3.29%), Folate: 11.33µg (2.83%), Vitamin B5: 0.27mg (2.75%), Vitamin B6: 0.05mg (2.68%), Vitamin B1: 0.03mg (2.21%), Zinc: 0.31mg (2.1%), Copper: 0.04mg (2.08%), Iron: 0.37mg (2.07%), Vitamin B3: 0.41mg (2.05%), Vitamin B12: 0.1µg (1.7%)