



Rhubarb Cranberry Roll Ups

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 cups baking mix dry
- 0.3 cup brown sugar
- 3 tablespoons butter softened
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 cup milk
- 2 cups rhubarb finely chopped

- 1 tablespoon vegetable oil
- 0.3 cup water
- 2 tablespoons granulated sugar white

Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C). Generously grease a 9x9-inch baking dish.
- Bring 1 cup of sugar with the cranberry juice and water to a boil in a saucepan and let boil for 1 minute, stirring constantly.
- Remove the cranberry juice mixture from the heat and set aside.
- Sprinkle 3 cups of coarsely-chopped rhubarb into the bottom of the prepared dish.
- Mix the biscuit mix, 2 tablespoons of brown sugar, the nutmeg, and cinnamon together in a bowl; stir in vegetable oil and milk to make a soft dough.
- Roll the dough out on a floured surface into a square about 10 inches on each side; spread butter over the dough.
- Sprinkle 2 cups of finely chopped rhubarb over the butter; sprinkle the rhubarb with 1/4 cup of brown sugar and 2 tablespoons of white sugar.
- Roll the dough up jellyroll style, gently press the seam down, and cut the roll into 9 slices. Arrange the slices over the rhubarb in the baking dish.
- Pour the reserved cranberry syrup over the slices; sprinkle with the last 2 tablespoons of sugar.
- Bake in the preheated oven until the biscuit topping is golden brown and the rhubarb is bubbling, 25 to 30 minutes.

Nutrition Facts



PROTEIN 5.63% **FAT 40.11%** **CARBS 54.26%**

Properties

Glycemic Index:30.21, Glycemic Load:2.86, Inflammation Score:-3, Nutrition Score:5.8808696166329%

Flavonoids

Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 219.59kcal (10.98%), Fat: 9.89g (15.21%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 28.96g (10.53%), Sugar: 13.64g (15.16%), Cholesterol: 11.09mg (3.7%), Sodium: 417.55mg (18.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Phosphorus: 194.36mg (19.44%), Vitamin B1: 0.19mg (12.39%), Vitamin K: 12.59µg (11.99%), Folate: 39.59µg (9.9%), Calcium: 97.16mg (9.72%), Vitamin B2: 0.16mg (9.38%), Manganese: 0.17mg (8.28%), Vitamin B3: 1.47mg (7.35%), Iron: 0.96mg (5.36%), Fiber: 1.13g (4.52%), Potassium: 156.15mg (4.46%), Selenium: 2.89µg (4.13%), Vitamin C: 3.22mg (3.91%), Vitamin B5: 0.34mg (3.44%), Magnesium: 13.5mg (3.38%), Vitamin B12: 0.19µg (3.17%), Copper: 0.06mg (3.16%), Vitamin E: 0.47mg (3.15%), Vitamin A: 156.75IU (3.14%), Vitamin B6: 0.05mg (2.26%), Zinc: 0.28mg (1.84%)