



Rhubarb Cream Delight Dessert

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



174 kcal

DESSERT

Ingredients

- 0.5 cup butter cold
- 12 ounces cream cheese softened
- 2 eggs
- 1 tablespoon flour all-purpose
- 3 cups rhubarb fresh sliced ()
- 8 ounces cream sour
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

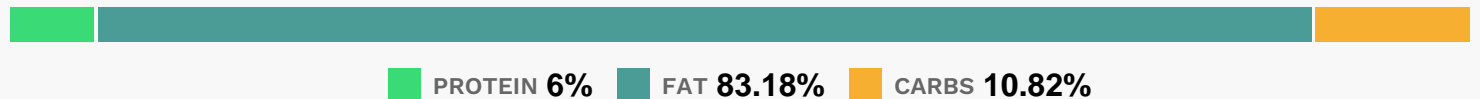
Equipment

- oven
- wire rack

Directions

- For crust, combine the flour and sugar; cut in the butter until the mixture resembles coarse crumbs. Pat into 10-in. pie plate; set aside.
- For rhubarb layer, combine the rhubarb, sugar and flour; toss lightly and pour into crust.
- Bake at 375° for 15 minutes. Meanwhile, prepare cream layer by beating together cream cheese and sugar until light and fluffy. Beat in eggs, one at a time.
- Pour over hot rhubarb layer.
- Bake at 350° for 25–30 minutes or until almost set.
- Remove to a wire rack.
- Combine topping ingredients; spread over hot cream layer. Cool completely. Chill.

Nutrition Facts



Properties

Glycemic Index:14.69, Glycemic Load:1.71, Inflammation Score:-4, Nutrition Score:3.2178260554438%

Flavonoids

Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 174.22kcal (8.71%), Fat: 16.4g (25.22%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.09g (3.43%), Cholesterol: 65.55mg (21.85%), Sodium: 125.54mg (5.46%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 2.66g (5.32%), Vitamin A: 604.16IU (12.08%), Vitamin K: 7.88µg (7.5%), Selenium: 4.53µg (6.47%), Vitamin B2: 0.11mg (6.47%), Calcium: 59.51mg (5.95%), Phosphorus: 49.84mg (4.98%), Potassium: 121.86mg (3.48%), Vitamin E: 0.52mg (3.47%), Vitamin B5: 0.28mg (2.83%), Manganese: 0.05mg (2.71%), Vitamin C: 1.96mg (2.37%), Vitamin B12: 0.14µg (2.29%), Folate: 8.02µg (2.01%),

Magnesium: 7.01mg (1.75%), Zinc: 0.26mg (1.71%), Fiber: 0.42g (1.7%), Vitamin B6: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.24%), Iron: 0.2mg (1.13%)