



Rhubarb Crisp

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



445 kcal

DESSERT

Ingredients

- 2.5 cups brown sugar
- 0.3 cup butter melted
- 0.3 cup cornstarch
- 3 cups flour all-purpose
- 3 teaspoons ground cinnamon
- 2.5 cups cooking oats quick
- 9 cups rhubarb chopped
- 2 teaspoons vanilla extract

- 2 cups water
- 2 cups sugar white

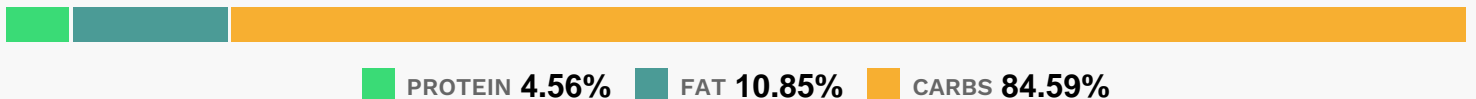
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- In a large bowl, mix together oats, brown sugar, flour and butter. Put half of the mixture into the bottom of the baking dish.
- Place rhubarb over top of mixture and sprinkle with cinnamon.
- In a medium saucepan, cook water, sugar, cornstarch and vanilla over medium heat until thick; let cool slightly.
- Pour over rhubarb and sprinkle remaining oat and flour mixture on top.
- Bake in preheated oven for 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:18.54, Glycemic Load:37.85, Inflammation Score:-4, Nutrition Score:10.722173914313%

Flavonoids

Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg

Nutrients (% of daily need)

Calories: 445.33kcal (22.27%), Fat: 5.5g (8.47%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 96.48g (32.16%), Net Carbohydrates: 92.99g (33.81%), Sugar: 63.32g (70.36%), Cholesterol: 10.85mg (3.62%), Sodium: 48.66mg

(2.12%), Alcohol: 0.18g (100%), Alcohol %: 0.11% (100%), Protein: 5.2g (10.4%), Manganese: 0.99mg (49.59%), Vitamin K: 22.43µg (21.36%), Selenium: 14.6µg (20.85%), Vitamin B1: 0.28mg (18.95%), Fiber: 3.49g (13.98%), Folate: 55.74µg (13.94%), Magnesium: 54.85mg (13.71%), Iron: 2.27mg (12.59%), Calcium: 110.02mg (11%), Phosphorus: 102.38mg (10.24%), Vitamin B2: 0.17mg (9.95%), Potassium: 339.03mg (9.69%), Vitamin B3: 1.86mg (9.28%), Vitamin C: 5.87mg (7.12%), Copper: 0.13mg (6.42%), Zinc: 0.71mg (4.74%), Vitamin A: 201.9IU (4.04%), Vitamin B5: 0.32mg (3.23%), Vitamin B6: 0.06mg (2.9%), Vitamin E: 0.43mg (2.89%)