



Rhubarb Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted chopped (see notes)
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 lb butter cold cut into chunks
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 pounds rhubarb rinsed ends trimmed cut into 1/2-inch pieces

☐ 0.3 teaspoon salt

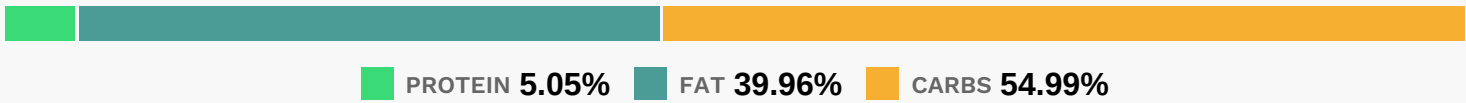
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ In a bowl, mix flour, 1/4 cup granulated sugar, the brown sugar, almonds, lemon peel, 1/2 teaspoon cinnamon, and the salt. With a mixer fitted with a paddle attachment, at low speed, or with your fingers, beat or rub in butter until mixture forms coarse crumbs and begins to come together.
- ☐ In large bowl, mix rhubarb, remaining 3/4 cup granulated sugar, and remaining 1/4 teaspoon cinnamon.
- ☐ Pour into an 8-inch square baking pan and spread level.
- ☐ Sprinkle evenly with flour mixture.
- ☐ Bake in a 375 regular or convection oven until juices are bubbly and topping is golden brown, 45 to 50 minutes (40 to 45 minutes in convection oven).

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:26.57, Inflammation Score:-5, Nutrition Score:10.307391256094%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg,

Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg 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: 357.03kcal (17.85%), Fat: 16.42g (25.26%), Saturated Fat: 7.71g (48.19%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 47.14g (17.14%), Sugar: 33.32g (37.02%), Cholesterol: 30.48mg (10.16%), Sodium: 170.96mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin K: 34.32µg (32.69%), Manganese: 0.57mg (28.57%), Vitamin E: 2.94mg (19.58%), Fiber: 3.71g (14.83%), Calcium: 135.52mg (13.55%), Vitamin B2: 0.22mg (13.11%), Potassium: 423.09mg (12.09%), Vitamin C: 9.4mg (11.4%), Vitamin B1: 0.16mg (10.97%), Magnesium: 42.23mg (10.56%), Selenium: 7.29µg (10.42%), Folate: 41µg (10.25%), Vitamin A: 470.66IU (9.41%), Vitamin B3: 1.6mg (8.02%), Phosphorus: 79.57mg (7.96%), Iron: 1.39mg (7.71%), Copper: 0.14mg (7.21%), Zinc: 0.52mg (3.49%), Vitamin B6: 0.05mg (2.52%), Vitamin B5: 0.23mg (2.33%)