

Rhubarb Crumble



Vegetarian



Popular

READY IN



100 min.

SERVINGS



8

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 2 lbs rhubarb cut into 1-inch pieces
- ☐ 1.3 cups sugar white
- ☐ 0.3 cup all purpose flour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon salt
- ☐ 1 cup brown sugar light

☐ 0.5 cup butter cut into cubes (1 stick)

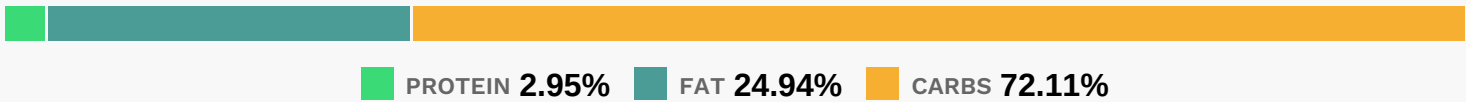
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 375°F.
- ☐ Toss rhubarb with sugar, flour, vanilla, cardamom: In a medium sized bowl, mix together the rhubarb, white sugar, 1/4 cup of flour, the vanilla extract, and the ground cardamom.
- ☐ Spoon into a 9x13-inch baking dish.
- ☐ Make topping: In a food processor, pulse together 1 cup of flour, the salt, and the brown sugar.
- ☐ Add the butter and pulse until the pieces of butter are pea-sized. (Alternatively, mix the dry ingredients together and cut the butter in with two knives or a pastry cutter.)
- ☐ Spread topping mixture over rhubarb mixture.
- ☐ Bake:
- ☐ Place in oven and bake at 375°F for 35–45 minutes, until the filling is bubbly and the topping is lightly browned.
- ☐ Let cool for at least a half an hour before serving.
- ☐ Serve with vanilla ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:36.01, Glycemic Load:33.01, Inflammation Score:-4, Nutrition Score:8.250434866418%

Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg 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: 423.08kcal (21.15%), Fat: 12.03g (18.51%), Saturated Fat: 7.38g (46.15%), Carbohydrates: 78.27g (26.09%), Net Carbohydrates: 75.68g (27.52%), Sugar: 59.23g (65.82%), Cholesterol: 30.5mg (10.17%), Sodium: 249.56mg (10.85%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 3.2g (6.4%), Vitamin K: 34.28µg (32.65%), Manganese: 0.39mg (19.67%), Calcium: 127.38mg (12.74%), Selenium: 8.53µg (12.18%), Vitamin B1: 0.18mg (11.79%), Potassium: 389.56mg (11.13%), Folate: 44.38µg (11.1%), Vitamin C: 9.09mg (11.01%), Fiber: 2.59g (10.34%), Vitamin A: 470.21IU (9.4%), Vitamin B2: 0.14mg (8.34%), Iron: 1.38mg (7.67%), Vitamin B3: 1.53mg (7.66%), Magnesium: 20.87mg (5.22%), Vitamin E: 0.65mg (4.31%), Phosphorus: 41.62mg (4.16%), Copper: 0.07mg (3.39%), Vitamin B6: 0.05mg (2.39%), Vitamin B5: 0.23mg (2.34%), Zinc: 0.28mg (1.87%)