



## Rhubarb Crumble

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

DESSERT

### Ingredients

- 0.3 cup butter
- 0.8 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 3 cups rhubarb sliced
- 0.8 cup sugar
- 4 servings whipped cream

### Equipment

- bowl

oven

## Directions

- Arrange rhubarb evenly in bottom of a greased 1-quart casserole; sprinkle with cinnamon. Set aside.
- Combine sugar and flour; cut in butter until mixture resembles coarse meal.
- Sprinkle sugar mixture evenly over rhubarb.
- Bake at 450 for 15 minutes. Reduce temperature to 375, and bake an additional 25 minutes or until lightly browned. Spoon into serving bowls while warm, and top with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:56.02, Glycemic Load:48.67, Inflammation Score:-6, Nutrition Score:10.279999976573%

## Flavonoids

Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg

## Nutrients (% of daily need)

Calories: 487.84kcal (24.39%), Fat: 19.22g (29.56%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 75.19g (25.06%), Net Carbohydrates: 72.39g (26.32%), Sugar: 52.49g (58.32%), Cholesterol: 29.04mg (9.68%), Sodium: 191.1mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Vitamin K: 27.12µg (25.83%), Vitamin B2: 0.31mg (18.47%), Manganese: 0.37mg (18.39%), Vitamin A: 879.05IU (17.58%), Calcium: 172.57mg (17.26%), Vitamin B1: 0.23mg (15.39%), Selenium: 10.37µg (14.81%), Folate: 52.74µg (13.19%), Potassium: 427.19mg (12.21%), Fiber: 2.81g (11.23%), Phosphorus: 110.77mg (11.08%), Vitamin C: 7.75mg (9.39%), Vitamin B3: 1.74mg (8.7%), Iron: 1.38mg (7.65%), Magnesium: 25.88mg (6.47%), Vitamin E: 0.9mg (6.01%), Vitamin B5: 0.58mg (5.76%), Zinc: 0.72mg (4.78%), Vitamin B12: 0.27µg (4.53%), Copper: 0.07mg (3.56%), Vitamin B6: 0.07mg (3.27%)