



Rhubarb Custard Bars

READY IN



45 min.

SERVINGS



36

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 tablespoons butter chilled cut into small pieces
- ☐ 4 ounces cream cheese fat-free block-style
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups milk 1% low-fat
- ☐ 5 cups rhubarb fresh sliced () (unthawed)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 0.5 cup sugar
- ☐ 1.5 cups sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup non-dairy whipped topping fat-free frozen thawed

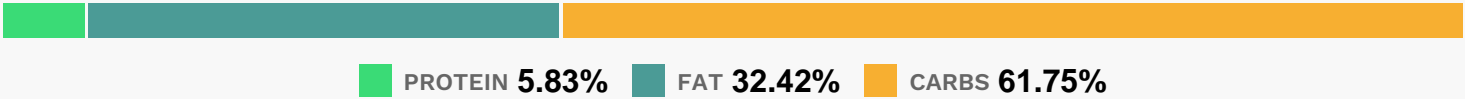
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 1 1/2 cups flour, 1/2 cup sugar, and salt in a bowl.
- ☐ Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Press mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until crust is golden brown.
- ☐ To prepare filling, lightly spoon 1/3 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1/3 cup flour and 1 1/2 cups sugar in a large bowl; add milk and eggs, stirring with a whisk until well blended. Stir in rhubarb.
- ☐ Pour rhubarb mixture over crust.
- ☐ Bake at 350 for 40 minutes or until set. Cool to room temperature.
- ☐ To prepare topping, place 1/2 cup sugar, cheeses, and vanilla in a bowl; beat with a mixer at medium speed until smooth. Gently fold in whipped topping; spread evenly over baked custard. Cover and chill at least 1 hour.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:13.32, Inflammation Score:0, Nutrition Score:2.6134782563085%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 131.34kcal (6.57%), Fat: 4.83g (7.42%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 20.2g (7.34%), Sugar: 15.19g (16.87%), Cholesterol: 26.74mg (8.91%), Sodium: 52.67mg (2.29%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 1.95g (3.91%), Selenium: 4.27µg (6.1%), Vitamin K: 5.38µg (5.13%), Vitamin B2: 0.08mg (4.84%), Vitamin B1: 0.06mg (4.13%), Manganese: 0.08mg (3.96%), Folate: 15.44µg (3.86%), Vitamin A: 190.37IU (3.81%), Calcium: 35.78mg (3.58%), Phosphorus: 33.38mg (3.34%), Potassium: 84.46mg (2.41%), Iron: 0.42mg (2.33%), Vitamin B3: 0.45mg (2.24%), Fiber: 0.48g (1.91%), Vitamin B12: 0.11µg (1.9%), Vitamin C: 1.36mg (1.64%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.21mg (1.43%), Magnesium: 5.62mg (1.4%), Vitamin D: 0.19µg (1.28%), Zinc: 0.18mg (1.2%), Vitamin B6: 0.02mg (1.11%)