



Rhubarb Custard Cake

READY IN



50 min.

SERVINGS



15

CALORIES



240 kcal

DESSERT

Ingredients

- 1 package cake mix yellow (regular size)
- 4 cups rhubarb fresh chopped
- 1 cup sugar
- 1 cup heavy whipping cream
- 1 serving whipped cream fresh

Equipment

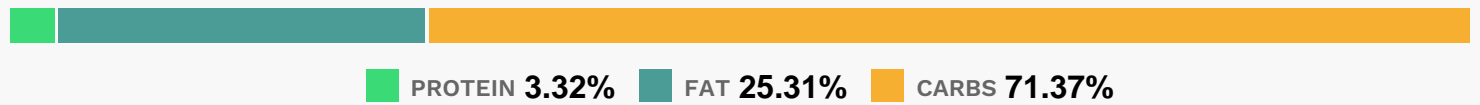
- oven
- wire rack

baking pan

Directions

- Preheat oven to 350°. Prepare cake batter according to package directions.
- Pour into a greased 13x9-in. baking dish.
- Sprinkle with rhubarb and sugar. Slowly pour cream over top.
- Bake until golden brown, 40–45 minutes. Cool on a wire rack for 15 minutes before serving.
- Garnish with whipped cream and mint if desired. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:9.45, Inflammation Score:-3, Nutrition Score:4.4965218201928%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3–gallate: 0.2mg, Epicatechin 3–gallate: 0.2mg, Epicatechin 3–gallate: 0.2mg, Epicatechin 3–gallate: 0.2mg

Nutrients (% of daily need)

Calories: 239.98kcal (12%), Fat: 6.88g (10.59%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 42.66g (15.51%), Sugar: 29.08g (32.31%), Cholesterol: 18.23mg (6.08%), Sodium: 256.67mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Phosphorus: 120.96mg (12.1%), Calcium: 111.71mg (11.17%), Vitamin K: 11.05µg (10.52%), Vitamin B2: 0.12mg (7.18%), Folate: 26.36µg (6.59%), Manganese: 0.13mg (6.51%), Vitamin B1: 0.09mg (5.96%), Vitamin A: 269.16IU (5.38%), Vitamin B3: 0.91mg (4.53%), Iron: 0.81mg (4.51%), Fiber: 1g (4%), Vitamin E: 0.55mg (3.69%), Potassium: 125.82mg (3.59%), Vitamin C: 2.7mg (3.27%), Selenium: 1.95µg (2.79%), Magnesium: 8.51mg (2.13%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.19mg (1.95%), Copper: 0.03mg (1.72%), Vitamin D: 0.26µg (1.7%), Zinc: 0.17mg (1.11%), Vitamin B12: 0.06µg (1.02%)