



Rhubarb & custard crunch

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



172 kcal

DESSERT

Ingredients

- 450 g rhubarb trimmed cut into chunks
- 85 g sugar
- 500 g custard sauce canned
- 0.5 honey well (see 'Goes with')

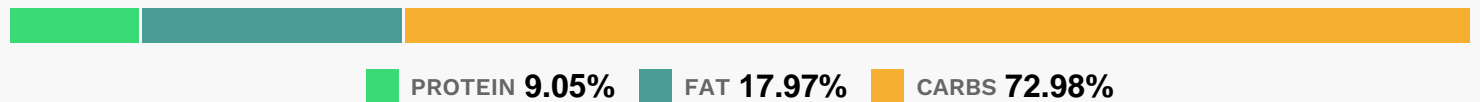
Equipment

- oven
- aluminum foil

Directions

- First make the Honey crunch granola with almonds & apricots (see 'Goes well with'). You'll need half the granola for this recipe.
- Heat oven to 150C/130C fan/gas
- Arrange the rhubarb in a roasting tin just big enough to hold it all in a single layer, scatter with the sugar and cover with foil.
- Bake for 15–20 mins until just tender, then cool in the tin.
- Spoon a little rhubarb into the base of 6 glasses or pots, then top with a couple of tbsp custard.
- Sprinkle over some granola, then repeat the layers to fill the glasses.

Nutrition Facts



Properties

Glycemic Index:28.66, Glycemic Load:15.56, Inflammation Score:-3, Nutrition Score:6.7930434164794%

Flavonoids

Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg

Nutrients (% of daily need)

Calories: 172.21kcal (8.61%), Fat: 3.53g (5.43%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 30.9g (11.24%), Sugar: 19.05g (21.16%), Cholesterol: 42.5mg (14.17%), Sodium: 73.14mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin K: 22.14µg (21.09%), Calcium: 180.48mg (18.05%), Vitamin B2: 0.21mg (12.27%), Phosphorus: 118.84mg (11.88%), Potassium: 388.83mg (11.11%), Selenium: 5.91µg (8.44%), Manganese: 0.15mg (7.67%), Vitamin C: 6.08mg (7.37%), Vitamin B12: 0.43µg (7.22%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.65mg (6.46%), Magnesium: 22.33mg (5.58%), Fiber: 1.35g (5.4%), Vitamin A: 228.17IU (4.56%), Vitamin B1: 0.07mg (4.39%), Vitamin B6: 0.07mg (3.57%), Zinc: 0.5mg (3.34%), Folate: 12.75µg (3.19%), Iron: 0.46mg (2.53%), Copper: 0.04mg (2.09%), Vitamin B3: 0.34mg (1.68%), Vitamin E: 0.25mg (1.68%)