



Rhubarb Fool with Gingersnap Crumbs

 Popular

READY IN



10 min.

SERVINGS



2

CALORIES



320 kcal

SIDE DISH

Ingredients

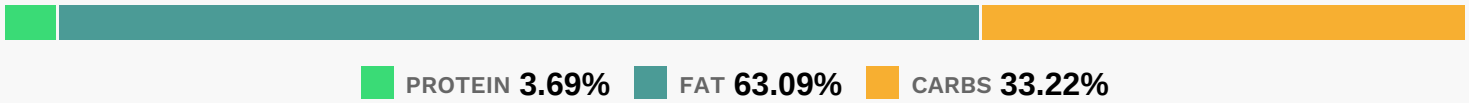
- ☐ 0.3 cup gingersnap cookies crumbled
- ☐ 0.5 cup heavy cream
- ☐ 1 cup rhubarb compote chilled
- ☐ 2 tablespoons sugar

Equipment

Directions

Whip the cream and powdered sugar until stiff.Assemble in alternating layers of whipped cream, rhubarb compote and gingersnaps.

Nutrition Facts



Properties

Glycemic Index:41.55, Glycemic Load:8.59, Inflammation Score:-6, Nutrition Score:6.5908695511196%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg

Nutrients (% of daily need)

Calories: 320.07kcal (16%), Fat: 23.02g (35.42%), Saturated Fat: 14.06g (87.9%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 25.86g (9.41%), Sugar: 17.2g (19.11%), Cholesterol: 67.24mg (22.41%), Sodium: 97.02mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin K: 20.13µg (19.17%), Vitamin A: 937.15IU (18.74%), Manganese: 0.34mg (17.01%), Calcium: 102.73mg (10.27%), Vitamin B2: 0.17mg (10.23%), Potassium: 281.32mg (8.04%), Vitamin C: 5.24mg (6.35%), Vitamin D: 0.95µg (6.35%), Iron: 1.1mg (6.13%), Vitamin E: 0.85mg (5.66%), Fiber: 1.41g (5.64%), Phosphorus: 54.77mg (5.48%), Folate: 18.94µg (4.73%), Selenium: 3.25µg (4.64%), Magnesium: 18.41mg (4.6%), Vitamin B1: 0.05mg (3.49%), Vitamin B3: 0.68mg (3.39%), Copper: 0.06mg (3.16%), Vitamin B5: 0.26mg (2.57%), Vitamin B6: 0.05mg (2.47%), Zinc: 0.28mg (1.88%), Vitamin B12: 0.1µg (1.59%)