



Rhubarb & ginger syllabub



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



533 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g rhubarb cut into small cubes
- ☐ 1 piece ginger peeled finely chopped
- ☐ 75 g sugar
- ☐ 100 ml wine
- ☐ 100 g mascarpone cheese light
- ☐ 300 ml double cream
- ☐ 50 g powdered sugar
- ☐ 2 pieces ginger finely chopped

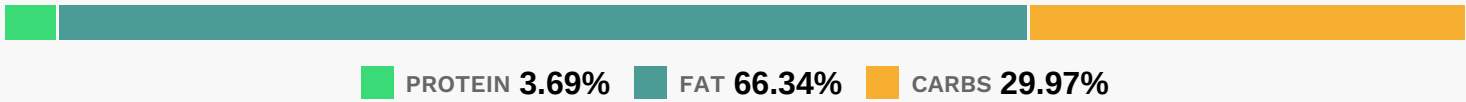
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Put the rhubarb, root ginger, sugar and white wine in a pan, bring to the boil and simmer on a low heat for 4–5 mins until the rhubarb has softened.
- ☐ Remove from the heat and set aside to cool.
- ☐ In another bowl, whisk the mascarpone, double cream and icing sugar to soft peaks.
- ☐ Remove 4 tbsp cooled rhubarb and mash with a fork, then fold into the cream mixture.
- ☐ Divide the rest of the poached rhubarb between 4 glasses, reserving a bit. Spoon over the cream mixture, then top with a few pieces of crystallised ginger and the rest of the rhubarb. Can be chilled for several hours before serving.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:13.6, Inflammation Score:-7, Nutrition Score:7.9482607789662%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3–gallate: 0.6mg, Epicatechin 3–gallate: 0.6mg, Epicatechin 3–gallate: 0.6mg, Epicatechin 3–gallate: 0.6mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 533.43kcal (26.67%), Fat: 38.76g (59.64%), Saturated Fat: 24.41g (152.57%), Carbohydrates: 39.39g (13.13%), Net Carbohydrates: 37.55g (13.65%), Sugar: 34.52g (38.36%), Cholesterol: 110.26mg (36.75%), Sodium: 40.12mg (1.74%), Alcohol: 2.61g (100%), Alcohol %: 1.28% (100%), Protein: 4.85g (9.7%), Vitamin A: 1561.08IU

(31.22%), Vitamin K: 31.82µg (30.3%), Calcium: 173.75mg (17.38%), Manganese: 0.23mg (11.64%), Potassium: 387.64mg (11.08%), Vitamin B2: 0.18mg (10.73%), Vitamin C: 8.57mg (10.38%), Vitamin D: 1.21µg (8.05%), Fiber: 1.85g (7.38%), Vitamin E: 0.97mg (6.47%), Phosphorus: 63.09mg (6.31%), Magnesium: 20.78mg (5.2%), Selenium: 3.59µg (5.13%), Vitamin B6: 0.07mg (3.33%), Vitamin B5: 0.29mg (2.93%), Folate: 10.52µg (2.63%), Vitamin B1: 0.04mg (2.46%), Iron: 0.39mg (2.19%), Zinc: 0.32mg (2.15%), Vitamin B12: 0.12µg (2.01%), Vitamin B3: 0.39mg (1.96%), Copper: 0.04mg (1.88%)