



Rhubarb-Maple Fool in Phyllo Stacks

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 Dash ground cloves
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup maple sugar
- ☐ 2 teaspoons maple sugar
- ☐ 5 tablespoons maple sugar
- ☐ 0.5 cup maple syrup

- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 10 sheets phyllo dough frozen thawed
- ☐ 1.3 pounds rhubarb chopped
- ☐ 1 Dash salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream chilled

Equipment

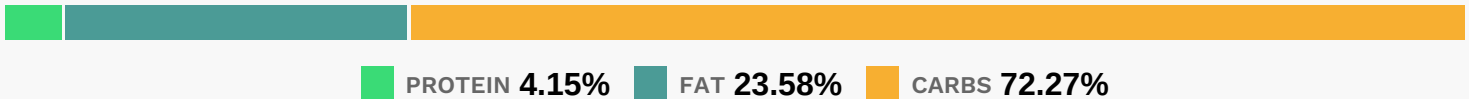
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crisps, melt butter in a small skillet over medium heat; cook 3 minutes or until lightly browned, stirring occasionally.
- ☐ Remove from heat.
- ☐ Lightly dab 5 phyllo sheets with half of browned butter; sprinkle each sheet with 1 1/2 teaspoons sugar. Stack layers together; gently press.
- ☐ Cut phyllo stack into 9 (4 2/3 x 3inch) rectangles. Repeat procedure with remaining phyllo, browned butter, and 2 1/2 tablespoons sugar.
- ☐ Place rectangles on baking sheets.
- ☐ Bake at 350 for 5 minutes or until crisp.

- ☐ Remove from pans; cool completely on a wire rack.
- ☐ To prepare fool, combine rhubarb and next 8 ingredients (through salt) in a large saucepan; bring to boil. Reduce heat, and simmer until reduced to 2 1/2 cups (about 30 minutes), stirring occasionally.
- ☐ Place half of rhubarb mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over the opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a medium bowl. Repeat procedure with remaining rhubarb mixture. Cover and chill completely.
- ☐ Place whipping cream, 2 teaspoons sugar, and vanilla in a small bowl; beat with a mixer at high speed until stiff peaks form. Gently fold in sour cream. Fold whipped cream mixture into chilled rhubarb mixture.
- ☐ Place 1 phyllo crisp on a dessert plate.
- ☐ Layer crisp with 1/4 cup rhubarb mixture, 1 phyllo crisp, 1/4 cup rhubarb mixture, and 1 phyllo crisp. Repeat procedure with remaining phyllo crisps and rhubarb mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:75.58, Glycemic Load:32.7, Inflammation Score:-5, Nutrition Score:14.784347777781%

Flavonoids

Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3–gallate: 0.57mg, Epicatechin 3–gallate: 0.57mg, Epicatechin 3–gallate: 0.57mg, Epicatechin 3–gallate: 0.57mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 405.43kcal (20.27%), Fat: 10.78g (16.59%), Saturated Fat: 5.99g (37.43%), Carbohydrates: 74.33g (24.78%), Net Carbohydrates: 71.78g (26.1%), Sugar: 46.9g (52.11%), Cholesterol: 26.7mg (8.9%), Sodium: 230.51mg (10.02%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 4.27g (8.53%), Manganese: 2.55mg (127.37%), Vitamin B2: 0.54mg (31.89%), Vitamin K: 29.53µg (28.13%), Vitamin C: 15.44mg (18.72%), Calcium: 182.97mg (18.3%), Zinc: 2.59mg (17.25%), Vitamin B1: 0.24mg (15.68%), Potassium: 516.92mg (14.77%), Selenium: 10.18µg (14.54%), Folate: 41.68µg (10.42%), Iron: 1.87mg (10.38%), Fiber: 2.55g (10.22%), Vitamin A: 487.41IU (9.75%), Vitamin B3: 1.7mg (8.5%), Magnesium: 33.25mg (8.31%), Phosphorus: 67.84mg (6.78%), Copper: 0.1mg (4.88%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.26mg (2.62%), Vitamin B6: 0.05mg (2.48%), Vitamin B12: 0.09µg (1.44%), Vitamin D: 0.21µg (1.41%)