



Rhubarb Meringue Dessert

 Dairy Free

READY IN



115 min.

SERVINGS



9

CALORIES



311 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 cup flour all-purpose
- 1 tablespoon sugar
- 3 eggs separated
- 1 cup sugar
- 2 tablespoons flour all-purpose
- 0.3 teaspoon salt
- 2.5 cups rhubarb

- 0.3 cup sugar
- 1 teaspoon vanilla
- 0.3 cup coconut flakes flaked
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350°F.
- Mix butter, 1 cup flour and 1 tablespoon sugar. Press evenly in ungreased square pan, 9x9x2 inches.
- Bake 10 minutes.
- Mix egg yolks, 1 cup sugar, 2 tablespoons flour, the salt and half-and-half in large bowl. Stir in rhubarb.
- Pour over hot crust.
- Bake 45 minutes.
- Beat egg whites in medium bowl with electric mixer on high speed until foamy. Beat in 1/3 cup sugar, 1 tablespoon at a time; continue beating until stiff and glossy (do not underbeat). Beat in vanilla.
- Spread over rhubarb mixture; sprinkle with coconut.
- Bake about 10 minutes or until light brown; cool about 30 minutes.
- Cut into about 3-inch squares.

Nutrition Facts



PROTEIN 5.09% **FAT 38.02%** **CARBS 56.89%**

Properties

Glycemic Index:41.47, Glycemic Load:30.32, Inflammation Score:-4, Nutrition Score:5.8921739640443%

Flavonoids

Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg 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: 311.46kcal (15.57%), Fat: 13.39g (20.6%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 43.67g (15.88%), Sugar: 31.6g (35.11%), Cholesterol: 54.56mg (18.19%), Sodium: 207.24mg (9.01%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Protein: 4.04g (8.07%), Selenium: 10.77µg (15.39%), Manganese: 0.24mg (12.19%), Vitamin A: 564.87IU (11.3%), Vitamin B2: 0.17mg (9.85%), Vitamin K: 10.03µg (9.55%), Folate: 38.07µg (9.52%), Vitamin B1: 0.14mg (9.17%), Iron: 1.15mg (6.38%), Phosphorus: 58.38mg (5.84%), Fiber: 1.41g (5.66%), Vitamin B3: 1.05mg (5.25%), Calcium: 44.49mg (4.45%), Potassium: 153.89mg (4.4%), Vitamin E: 0.66mg (4.37%), Vitamin B5: 0.35mg (3.51%), Vitamin C: 2.77mg (3.36%), Copper: 0.06mg (3.07%), Magnesium: 11.81mg (2.95%), Zinc: 0.38mg (2.55%), Vitamin B6: 0.05mg (2.41%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.29µg (1.96%)