



Rhubarb Meringue Squares

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 0.3 cup coconut or flaked
- ☐ 3 tablespoons cornstarch
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 3 cups rhubarb fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 0.5 cup sugar white

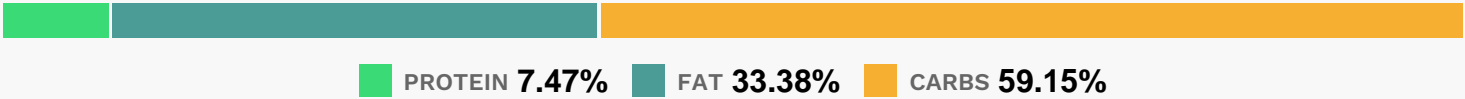
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease an 8x8 inch square baking dish.
- ☐ In a medium bowl, cream together the butter and 1/4 cup sugar until smooth. Beat in the egg and vanilla.
- ☐ Combine the flour, baking powder and salt; stir into the butter mixture until a stiff dough forms. Press the dough into the bottom and 1/2 inch up the sides of the prepared pan.
- ☐ Bake crust for 15 minutes, or until firm.
- ☐ In a saucepan over medium heat, combine the rhubarb, 1/2 cup sugar, cinnamon, and 3 tablespoons water. Bring to a boil, and cook until rhubarb is tender, about 10 minutes.
- ☐ Mix remaining 2 tablespoons of water with the cornstarch, and stir into the saucepan. Cook, stirring constantly, until the sauce is thickened.
- ☐ Remove from heat, and spread over the baked crust.
- ☐ In a medium glass or metal bowl, beat egg whites until soft peaks form. Gradually add remaining 1/2 cup of sugar, continuing to beat until whites form stiff peaks.
- ☐ Spread meringue over the layer of rhubarb sauce, and sprinkle coconut over the top.
- ☐ Bake for 10 minutes in the preheated oven, or until the meringue is golden brown. Cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:13.2, Inflammation Score:-2, Nutrition Score:4.21086957662%

Flavonoids

Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg

Nutrients (% of daily need)

Calories: 148.29kcal (7.41%), Fat: 5.55g (8.54%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 20.88g (7.59%), Sugar: 8.91g (9.9%), Cholesterol: 23.81mg (7.94%), Sodium: 130.26mg (5.66%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 2.8g (5.59%), Manganese: 0.22mg (10.78%), Selenium: 7.36µg (10.51%), Vitamin K: 9.35µg (8.9%), Vitamin B1: 0.11mg (7.42%), Folate: 28.19µg (7.05%), Vitamin B2: 0.12mg (6.91%), Calcium: 52.87mg (5.29%), Fiber: 1.25g (5.01%), Iron: 0.86mg (4.76%), Vitamin B3: 0.88mg (4.42%), Phosphorus: 38.76mg (3.88%), Potassium: 126.89mg (3.63%), Vitamin A: 169.34IU (3.39%), Vitamin C: 2.47mg (2.99%), Magnesium: 9.47mg (2.37%), Copper: 0.05mg (2.28%), Vitamin B5: 0.17mg (1.68%), Vitamin E: 0.25mg (1.65%), Zinc: 0.21mg (1.43%), Vitamin B6: 0.03mg (1.26%)