



## Rhubarb Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



207 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 tablespoons butter
- 1 cup buttermilk
- 1 cup flour all-purpose
- 1 pinch ground nutmeg
- 3 cups rhubarb chopped
- 1 teaspoon salt

- 1 cup water boiling
- 1 cup sugar white

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- In a medium bowl, mix together the flour, 1/2 cup of sugar, baking powder, baking soda and salt.
- Mix in 1/4 cup of butter with a fork, or rub between your fingers until it is in small pieces. Stir in the buttermilk just until blended.
- Spread evenly in the bottom of the prepared pan.
- Make a layer of rhubarb over the batter in the dish, then sprinkle 1 cup of sugar over it. Dot with remaining butter.
- Sprinkle with nutmeg, then pour boiling water over the whole thing.
- Bake for 45 minutes in the preheated oven, until the batter is cooked through and rhubarb is tender.
- Serve warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:50.14, Glycemic Load:26.85, Inflammation Score:-3, Nutrition Score:5.3921739744103%

## Flavonoids

Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg

## **Nutrients (% of daily need)**

Calories: 207.35kcal (10.37%), Fat: 4.2g (6.46%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 39.29g (14.29%), Sugar: 27g (30%), Cholesterol: 10.82mg (3.61%), Sodium: 538.38mg (23.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin K: 13.79µg (13.13%), Calcium: 107.96mg (10.8%), Selenium: 7.1µg (10.14%), Manganese: 0.2mg (10.14%), Vitamin B1: 0.15mg (9.77%), Vitamin B2: 0.15mg (8.74%), Folate: 33.5µg (8.37%), Phosphorus: 60.84mg (6.08%), Potassium: 190.92mg (5.45%), Vitamin B3: 1.09mg (5.45%), Fiber: 1.27g (5.09%), Iron: 0.91mg (5.05%), Vitamin C: 3.66mg (4.44%), Vitamin A: 183.76IU (3.68%), Magnesium: 12.66mg (3.17%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.14µg (2.4%), Copper: 0.05mg (2.38%), Vitamin B5: 0.23mg (2.25%), Zinc: 0.28mg (1.87%), Vitamin E: 0.24mg (1.57%), Vitamin B6: 0.03mg (1.45%)