



Rhubarb Pudding Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups granulated sugar divided
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 teaspoon powdered sugar
- ☐ 1 pound rhubarb 1-inch-thick

- ☐ 0.1 teaspoon salt
- ☐ 5 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract

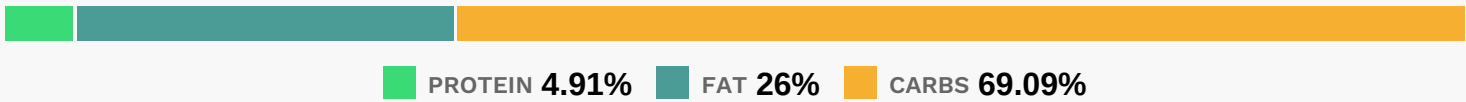
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking powder, and salt, stirring well with a whisk.
- ☐ Place butter in a large bowl, and beat with a mixer at medium speed until smooth.
- ☐ Add 2/3 cup granulated sugar; beat until well blended.
- ☐ Add vanilla, cinnamon, and egg, beating well. Beating at low speed, add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture; beat just until smooth.
- ☐ Combine rhubarb and remaining 2/3 cup granulated sugar in an 8-inch square baking dish coated with cooking spray. Spoon batter over rhubarb mixture.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:28.34, Glycemic Load:28.67, Inflammation Score:-3, Nutrition Score:5.5152174389881%

Flavonoids

Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg

Nutrients (% of daily need)

Calories: 247.14kcal (12.36%), Fat: 7.29g (11.22%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 42.29g (15.38%), Sugar: 31.11g (34.57%), Cholesterol: 38.04mg (12.68%), Sodium: 107.68mg (4.68%), Alcohol: 0.15g (100%), Alcohol %: 0.16% (100%), Protein: 3.1g (6.2%), Vitamin K: 15.4µg (14.67%), Selenium: 7.5µg (10.72%), Manganese: 0.21mg (10.39%), Calcium: 100.49mg (10.05%), Vitamin B1: 0.13mg (8.62%), Folate: 32.05µg (8.01%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 60.66mg (6.07%), Vitamin A: 301.64IU (6.03%), Potassium: 192mg (5.49%), Fiber: 1.31g (5.25%), Iron: 0.94mg (5.2%), Vitamin B3: 1mg (4.98%), Vitamin C: 4.03mg (4.89%), Magnesium: 11.74mg (2.93%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.37µg (2.48%), Vitamin B5: 0.25mg (2.45%), Vitamin B12: 0.14µg (2.38%), Copper: 0.04mg (1.93%), Zinc: 0.29mg (1.92%), Vitamin B6: 0.04mg (1.8%)