



Rhubarb Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



81 kcal

SAUCE

Ingredients

- ☐ 0.5 cup sugar
- ☐ 0.5 cup water
- ☐ 1 lb rhubarb cut into 1-inch pieces (4 cups)
- ☐ 1 serving ground cinnamon

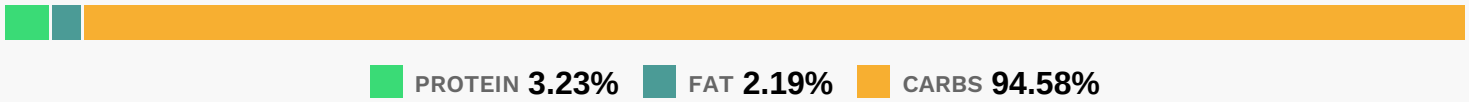
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat sugar and water to boiling, stirring occasionally. Stir in rhubarb; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally, until rhubarb is tender and slightly transparent.
- ☐ Stir in cinnamon.
- ☐ Serve sauce warm or chilled.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:11.91, Inflammation Score:-1, Nutrition Score:3.2765217656675%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg

Nutrients (% of daily need)

Calories: 80.87kcal (4.04%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 18.76g (6.82%), Sugar: 17.47g (19.41%), Cholesterol: 0mg (0%), Sodium: 4.21mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin K: 22.25µg (21.19%), Manganese: 0.21mg (10.35%), Vitamin C: 6.06mg (7.35%), Calcium: 69.11mg (6.91%), Potassium: 219.49mg (6.27%), Fiber: 1.54g (6.15%), Magnesium: 9.47mg (2.37%), Vitamin A: 78.09IU (1.56%), Vitamin B2: 0.03mg (1.53%), Vitamin E: 0.21mg (1.41%), Selenium: 0.94µg (1.35%), Folate: 5.31µg (1.33%), Vitamin B3: 0.23mg (1.16%), Iron: 0.2mg (1.12%), Phosphorus: 10.8mg (1.08%), Copper: 0.02mg (1.07%), Vitamin B1: 0.02mg (1.01%)