



Rhubarb Skillet Cake with Jaggery Crumb



Vegetarian



Popular

READY IN



800 min.

SERVINGS



8

CALORIES



321 kcal

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup blanched almond flour
- ☐ 1 eggs beaten
- ☐ 3 tablespoons indian foods ghee organic pure grass-fed melted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon orange zest
- ☐ 0.8 pound rhubarb
- ☐ 0.5 teaspoon unrefined sea salt
- ☐ 1 cup grain spelt flour whole

- ☐ 1 cup unbleached all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup yogurt

Equipment


- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ toothpicks

Directions

- ☐ The night before you plan to bake, beat the spelt with yogurt until loosely combined. Cover the bowl with tight-fitting plastic wrap lest it dry out, and set it in a warm spot in your kitchen overnight for 8 to 12 hours. The next day, chop the rhubarb into 1/4-inch dice. Toss it into a bowl and sprinkle 1/2 cup jaggery over the rhubarb. Allow the rhubarb to macerate in the jaggery for about an hour. Preheat the oven to 350 F. Melt 3 tablespoons of clarified butter or ghee over low heat in a well-seasoned 9-inch cast iron skillet. Toss the macerated rhubarb into the hot butter and saute about 2 minutes. Turn off the heat and prepare the cake batter. In a large mixing bowl, beat the eggs with 3/4 cup jaggery until smooth, then beat in the vanilla extract. Working 1/2 cup at a time, beat in the batter of yogurt-soaked spelt flour. In a separate bowl, whisk high-extraction flour with 1 teaspoon ground cinnamon, orange zest, baking soda and salt. Working 1/2 cup at a time, beat the dry ingredients into the wet ingredients until they form a smooth batter. Prepare the jaggery crumb in a small to medium-sized mixing bowl. Beat the almond flour and jaggery together with cinnamon, then slowly beat in 3 tablespoons melted butter. To assemble the cake, pour the cake batter into the skillet over the rhubarb.
- ☐ Sprinkle the jaggery crumb over the cake batter, and bake until a toothpick inserted into the cake's center comes out clean – about 1 hour. Allow to cool about 20 minutes before dipping into it with a spoon and scooping it out onto waiting plates.

Nutrition Facts



 PROTEIN **12.45%**  FAT **38.14%**  CARBS **49.41%**

Properties

Glycemic Index:14, Glycemic Load:9.05, Inflammation Score:-2, Nutrition Score:6.7582609316577%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg

Nutrients (% of daily need)

Calories: 321.24kcal (16.06%), Fat: 13.54g (20.83%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 33.12g (12.05%), Sugar: 2.39g (2.66%), Cholesterol: 38.84mg (12.95%), Sodium: 238.82mg (10.38%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 9.95g (19.89%), Fiber: 6.34g (25.34%), Iron: 2.76mg (15.34%), Vitamin K: 12.62µg (12.02%), Selenium: 8.13µg (11.62%), Manganese: 0.22mg (10.8%), Calcium: 102.9mg (10.29%), Vitamin B1: 0.14mg (9.51%), Vitamin B2: 0.16mg (9.37%), Folate: 36.38µg (9.1%), Phosphorus: 62.97mg (6.3%), Potassium: 196.09mg (5.6%), Vitamin B3: 1.08mg (5.42%), Vitamin C: 3.9mg (4.73%), Magnesium: 13.07mg (3.27%), Vitamin B5: 0.31mg (3.1%), Zinc: 0.41mg (2.72%), Vitamin B12: 0.16µg (2.7%), Vitamin A: 104.81IU (2.1%), Copper: 0.04mg (1.96%), Vitamin B6: 0.04mg (1.85%), Vitamin E: 0.2mg (1.36%)