



## Rhubarb Sponge Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

DESSERT

### Ingredients

- 1 cup flour
- 1.5 teaspoons double-acting baking powder
- 7 tablespoons butter room temperature
- 2 large eggs
- 0.3 cup brown sugar packed ()
- 1.3 pounds rhubarb cut into 1-inch lengths ( 5 cups)
- 0.5 cup sugar
- 2 tablespoons water
- 8 servings whipped cream

6.5 tablespoons milk whole

## Equipment

bowl

oven

whisk

baking pan

hand mixer

toothpicks

## Directions

Preheat oven to 375°F. Butter 11x7x2-inch baking dish.

Place rhubarb pieces in baking dish in even layer. Scatter brown sugar over and sprinkle with 2 tablespoons water.

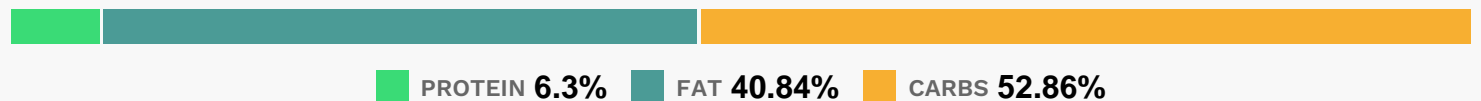
Whisk flour and baking powder in small bowl to blend. Using electric mixer, beat sugar and butter in large bowl until pale and fluffy, about 3 minutes.

Add eggs one at a time, beating well between additions. Fold in flour mixture in 3 additions alternately with milk in 2 additions, mixing just to blend after each addition. Spoon batter over rhubarb, smoothing top to cover.

Bake dessert until top is golden brown and toothpick inserted into center comes out clean, about 40 minutes. Cool at least 30 minutes and up to 1 hour.

Serve warm with softly whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:49.14, Glycemic Load:18.44, Inflammation Score:-4, Nutrition Score:7.8099999531456%

## 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: 284.55kcal (14.23%), Fat: 13.19g (20.29%), Saturated Fat: 7.81g (48.8%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 36.64g (13.32%), Sugar: 23.36g (25.96%), Cholesterol: 78.86mg (26.29%), Sodium: 187.34mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Vitamin K: 23.24µg (22.14%), Selenium: 10.59µg (15.13%), Calcium: 150.27mg (15.03%), Manganese: 0.27mg (13.26%), Vitamin B2: 0.18mg (10.84%), Vitamin A: 511.58IU (10.23%), Vitamin B1: 0.15mg (10.16%), Folate: 40.4µg (10.1%), Phosphorus: 89.6mg (8.96%), Potassium: 294.33mg (8.41%), Vitamin C: 6.05mg (7.33%), Fiber: 1.78g (7.14%), Iron: 1.27mg (7.05%), Vitamin B3: 1.19mg (5.95%), Vitamin E: 0.67mg (4.49%), Magnesium: 17.44mg (4.36%), Vitamin B5: 0.41mg (4.14%), Vitamin B12: 0.22µg (3.59%), Vitamin B6: 0.06mg (3.01%), Zinc: 0.43mg (2.89%), Vitamin D: 0.41µg (2.72%), Copper: 0.05mg (2.7%)