



Rhubarb Sponge Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose 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 softly whipped cream

☐ 6.5 tablespoons milk whole

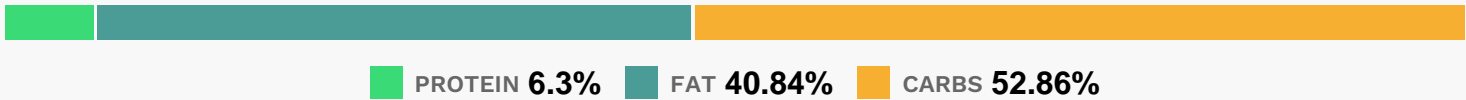
Equipment

- ☐ 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: Og (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%)