

Rhubarb Stir Cake

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 4 cups rhubarb chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup sugar white

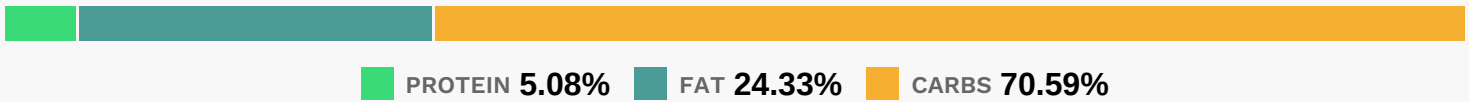
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ In large bowl, cream together butter or margarine and brown sugar. Beat in egg and vanilla.
- ☐ Sift or stir together flour, baking soda and salt; gradually stir in to butter mixture. Fold in sour cream and rhubarb. Spoon batter into greased 9 x 13 inch glass baking dish.
- ☐ Stir together white sugar and nutmeg; sprinkle over batter.
- ☐ Bake at 350 degrees F (175 degrees C) for 40 minutes, or until tester comes out clean.

Nutrition Facts



Properties

Glycemic Index:18.54, Glycemic Load:13.97, Inflammation Score:-3, Nutrition Score:5.2013043424358%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg

Nutrients (% of daily need)

Calories: 242.85kcal (12.14%), Fat: 6.62g (10.18%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 43.2g (14.4%), Net Carbohydrates: 42.08g (15.3%), Sugar: 26.85g (29.83%), Cholesterol: 28.09mg (9.36%), Sodium: 191.7mg (8.33%), Alcohol: 0.3g (100%), Alcohol %: 0.37% (100%), Protein: 3.11g (6.22%), Selenium: 8.75µg (12.5%), Vitamin B1: 0.16mg (10.93%), Manganese: 0.22mg (10.86%), Folate: 40.54µg (10.14%), Vitamin K: 10.09µg (9.61%), Vitamin B2: 0.15mg (8.7%), Calcium: 67.5mg (6.75%), Iron: 1.2mg (6.66%), Vitamin B3: 1.29mg (6.46%), Potassium: 169.51mg (4.84%), Vitamin A: 239.16IU (4.78%), Phosphorus: 45mg (4.5%), Fiber: 1.12g (4.5%), Vitamin C: 2.74mg (3.32%), Magnesium:

12.35mg (3.09%), Copper: 0.05mg (2.59%), Vitamin B5: 0.24mg (2.43%), Vitamin B6: 0.04mg (1.86%), Vitamin E: 0.28mg (1.84%), Zinc: 0.27mg (1.8%), Vitamin B12: 0.06µg (1.08%)