



## Rhubarb & strawberry cobbler with orange cream

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



861 kcal

DESSERT

### Ingredients

- ☐ 400 g pack rhubarb trimmed cut into 2½ cm pieces
- ☐ 400 g punnet strawberries hulled halved
- ☐ 85 g granulated sugar
- ☐ 1 tbsp flour plain
- ☐ 250 g mascarpone cheese
- ☐ 1 orange zest
- ☐ 1 tbsp icing sugar

- ☐ 100 g flour plain for dusting
- ☐ 50 g ground almonds
- ☐ 85 g golden caster sugar
- ☐ 1 tsp double-acting baking powder
- ☐ 50 g butter
- ☐ 75 ml single cream
- ☐ 1 tsp vanilla extract
- ☐ 25 g almonds flaked

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Tip the rhubarb and strawberries into a large bowl.
- ☐ Sprinkle over the sugar and flour, then gently stir through to coat the fruit. Tip into a baking dish, about 30 x 20cm.
- ☐ To make the topping, place the flour, ground almonds, sugar, baking powder, butter and a pinch of salt in a food processor. Pulse to fine crumbs. Pulse in 75ml cream and the vanilla extract, just until the mixture starts to come together. Turn out onto a lightly floured surface, then gently knead once or twice to bring together.
- ☐ Roll out the dough until it is 1cm thick. Use a 7cm round cutter to cut out 9–12 rounds, pressing together the scraps and re-rolling if you need.
- ☐ Arrange the circles over the fruit, leaving a 1–2cm gap between them, then brush the circles with 1 tbsp cream.
- ☐ Sprinkle with the flaked almonds, then bake in the oven for 40 mins until the topping is golden and the fruit is cooked. Stir together the mascarpone, orange zest and juice and icing sugar, and serve alongside the cobbler.

# Nutrition Facts

PROTEIN 6.06% FAT 55.72% CARBS 38.22%

## Properties

Glycemic Index:106.27, Glycemic Load:32.65, Inflammation Score:-8, Nutrition Score:19.358261170595%

## Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 24.85mg, Pelargonidin: 24.85mg, Pelargonidin: 24.85mg, Pelargonidin: 24.85mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 860.71kcal (43.04%), Fat: 54.26g (83.48%), Saturated Fat: 28.37g (177.33%), Carbohydrates: 83.76g (27.92%), Net Carbohydrates: 76.8g (27.93%), Sugar: 50.71g (56.34%), Cholesterol: 110.4mg (36.8%), Sodium: 255.08mg (11.09%), Alcohol: 0.36g (100%), Alcohol %: 0.12% (100%), Protein: 13.28g (26.57%), Vitamin C: 70.99mg (86.05%), Manganese: 0.93mg (46.27%), Calcium: 343.05mg (34.31%), Vitamin K: 32.97µg (31.4%), Vitamin A: 1505.91IU (30.12%), Fiber: 6.95g (27.81%), Folate: 85.18µg (21.29%), Vitamin B1: 0.28mg (18.44%), Vitamin E: 2.64mg (17.6%), Vitamin B2: 0.29mg (17.18%), Selenium: 11.51µg (16.45%), Potassium: 573.81mg (16.39%), Iron: 2.9mg (16.13%), Phosphorus: 138.38mg (13.84%), Magnesium: 52.37mg (13.09%), Vitamin B3: 2.57mg (12.83%), Copper: 0.19mg (9.43%), Vitamin B6: 0.11mg (5.57%), Zinc: 0.7mg (4.66%), Vitamin B5: 0.46mg (4.63%)