



Rhubarb Strawberry Crunch

 Vegetarian

READY IN



60 min.

SERVINGS



18

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 1.5 cups flour all-purpose
- ☐ 3 cups rhubarb diced
- ☐ 1 cup rolled oats
- ☐ 3 cups strawberries fresh sliced
- ☐ 1 cup sugar white

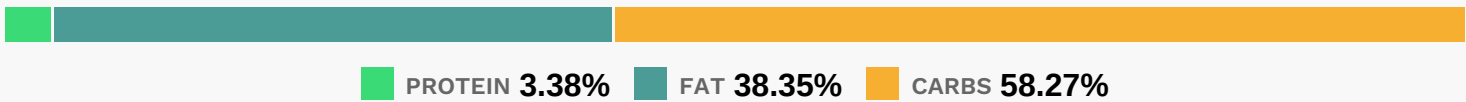
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb.
- ☐ Place the mixture in a 9x13 inch baking dish.
- ☐ Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. You may want to use a pastry blender for this. Crumble on top of the rhubarb and strawberry mixture.
- ☐ Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:15.17, Inflammation Score:-4, Nutrition Score:5.2860869894857%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 246.58kcal (12.33%), Fat: 10.77g (16.57%), Saturated Fat: 6.56g (41.02%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 35.25g (12.82%), Sugar: 24.42g (27.14%), Cholesterol: 27.11mg (9.04%), Sodium: 86.15mg (3.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Vitamin C: 15.74mg (19.08%), Manganese: 0.38mg (18.77%), Selenium: 5.49µg (7.85%), Vitamin B1: 0.11mg (7.53%), Vitamin K: 7.49µg (7.13%), Folate: 28.19µg (7.05%), Vitamin A: 338.77IU (6.78%), Fiber: 1.58g (6.33%), Iron: 0.91mg (5.07%), Vitamin B2: 0.08mg (4.48%), Vitamin B3: 0.84mg (4.19%), Phosphorus: 41.84mg (4.18%), Potassium: 142.24mg (4.06%), Magnesium: 15.42mg (3.86%), Calcium: 38.51mg (3.85%), Vitamin E: 0.44mg (2.95%), Copper: 0.05mg (2.75%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.17mg (1.73%), Vitamin B6: 0.03mg (1.53%)