



Rhubarb & strawberry meringue pots



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 450 g rhubarb cut into 4cm/1½in chunks
- ☐ 100 g brown sugar
- ☐ 1 orange zest grated
- ☐ 1 tbsp strawberries
- ☐ 2 eggs separated

Equipment

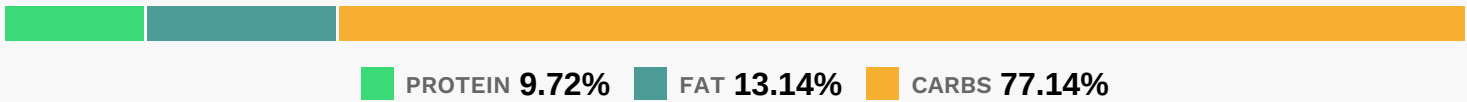
- ☐ baking sheet
- ☐ oven

- ☐ whisk
- ☐ ramekin
- ☐ microwave

Directions

- ☐ Preheat the oven to 180C/ Gas 4/fan oven 160C.
- ☐ Put the rhubarb in an ovenproof dish, sprinkle over 50g/2oz of the sugar and the orange zest and stir together. Cover and bake in the oven for 35–40 minutes until tender. (Alternatively, you can cook the rhubarb with the sugar and zest in the microwave for 10 minutes on full power, stirring halfway through the cooking time, until just tender.)
- ☐ Remove the rhubarb from the oven and allow to cool slightly. Stir in the conserve then the egg yolks. Divide the rhubarb mixture between four 175ml/6fl oz ramekins. Put on a baking sheet and cook in the oven for 10 minutes until lightly thickened.
- ☐ While the rhubarb is cooking, whisk the egg whites until stiff.
- ☐ Sprinkle over half of the remaining sugar and whisk again. Gently fold in the rest of the sugar. Pile the meringue on top of the rhubarb to cover it completely and swirl the top. Return to the oven for 10 minutes until the meringue is puffy and golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:7.4847826232081%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.92mg, Pelargonidin: 0.92mg, Pelargonidin: 0.92mg, Pelargonidin: 0.92mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epicatechin 3–gallate: 0.68mg, Epicatechin 3–gallate: 0.68mg, Epicatechin 3–gallate: 0.68mg, Epicatechin 3–gallate: 0.68mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

0.04mg

Nutrients (% of daily need)

Calories: 154.18kcal (7.71%), Fat: 2.33g (3.59%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 28.41g (10.33%), Sugar: 25.75g (28.61%), Cholesterol: 81.84mg (27.28%), Sodium: 42.87mg (1.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Vitamin K: 33.11µg (31.53%), Vitamin C: 15.25mg (18.49%), Calcium: 135.24mg (13.52%), Manganese: 0.26mg (12.85%), Selenium: 8.34µg (11.91%), Potassium: 399.62mg (11.42%), Fiber: 2.42g (9.67%), Vitamin B2: 0.14mg (8.11%), Phosphorus: 61.83mg (6.18%), Folate: 20.25µg (5.06%), Vitamin A: 246.59IU (4.93%), Magnesium: 19.53mg (4.88%), Vitamin B5: 0.49mg (4.85%), Iron: 0.85mg (4.72%), Vitamin B6: 0.08mg (4.08%), Vitamin E: 0.55mg (3.69%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Copper: 0.06mg (2.79%), Zinc: 0.42mg (2.78%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.42mg (2.11%)