



Rhubarb Strawberry Pudding Cake

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



300 kcal

DESSERT

Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 10 ounces rhubarb fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 5 ounces strawberries fresh chopped
- ☐ 0.3 cup sugar

- ☐ 0.5 cup butter unsalted cooled melted
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup water
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Butter an 8-inch square glass or ceramic baking dish.
- ☐ Stir together water, cornstarch, and 1/3 cup sugar in a small saucepan, then stir in rhubarb. Bring to a simmer, stirring constantly, then simmer, stirring occasionally, 3 minutes.
- ☐ Remove from heat and stir in strawberries.
- ☐ Whisk together flour, baking powder, salt, and remaining 1/2 cup sugar in a bowl.
- ☐ Whisk together egg, milk, butter, and vanilla in a large bowl, then whisk in flour mixture until just combined.
- ☐ Reserve 1/2 cup fruit mixture, then add remainder to baking dish and pour batter over it, spreading evenly.
- ☐ Drizzle reserved 1/2 cup fruit mixture over batter.
- ☐ Bake until a wooden pick inserted into center of cake portion comes out clean, 25 to 30 minutes. Cool in pan on a rack 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:54.68, Glycemic Load:20.62, Inflammation Score:-5, Nutrition Score:8.868695590807%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.87mg, Pelargonidin: 5.87mg, Pelargonidin: 5.87mg, Pelargonidin: 5.87mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg 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: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 300.29kcal (15.01%), Fat: 17.19g (26.45%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 30.92g (11.24%), Sugar: 13.92g (15.47%), Cholesterol: 74.11mg (24.7%), Sodium: 342.35mg (14.88%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 4.61g (9.23%), Vitamin C: 17.67mg (21.42%), Manganese: 0.33mg (16.63%), Selenium: 10.89µg (15.56%), Calcium: 150.92mg (15.09%), Vitamin K: 15.84µg (15.08%), Vitamin B1: 0.19mg (12.96%), Folate: 51.59µg (12.9%), Vitamin A: 601.7IU (12.03%), Vitamin B2: 0.2mg (11.62%), Phosphorus: 102.03mg (10.2%), Iron: 1.46mg (8.09%), Fiber: 1.89g (7.57%), Vitamin B3: 1.5mg (7.51%), Potassium: 242.55mg (6.93%), Vitamin E: 0.75mg (4.97%), Vitamin D: 0.67µg (4.49%), Magnesium: 17.66mg (4.41%), Vitamin B5: 0.39mg (3.86%), Vitamin B12: 0.22µg (3.6%), Copper: 0.06mg (3.19%), Vitamin B6: 0.06mg (2.95%), Zinc: 0.44mg (2.92%)