

Rhubarb Tart

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 1 ounce flour all-purpose
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 6 cups rhubarb fresh sliced
- ☐ 0.8 cup sugar
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

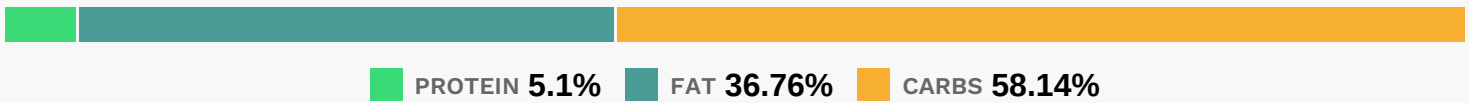
- ☐ frying pan
- ☐ oven

- ☐ knife
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, rhubarb, and sugar; toss well.
- ☐ Let stand 20 minutes, stirring occasionally.
- ☐ Preheat oven to 35
- ☐ Roll dough into an 11-inch circle. Fit dough into a 10-inch round removable-bottom tart pan. Press dough against bottom and sides of pan, and place in the freezer for 10 minutes. Spoon the rhubarb mixture into crust.
- ☐ Bake at 350 for 55 minutes. Cool completely, and cut into wedges.
- ☐ Serve with whipped topping.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:15.37, Inflammation Score:-3, Nutrition Score:7.8208695144757%

Flavonoids

Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg

Nutrients (% of daily need)

Calories: 357.72kcal (17.89%), Fat: 14.75g (22.69%), Saturated Fat: 4.92g (30.75%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 49.41g (17.97%), Sugar: 20.83g (23.15%), Cholesterol: 0.09mg (0.03%), Sodium: 224.7mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Vitamin K: 30.85µg (29.38%), Manganese: 0.44mg (21.96%), Vitamin B1: 0.19mg (12.88%), Folate: 50.24µg (12.56%), Fiber: 3.07g (12.29%), Iron: 1.76mg (9.79%), Vitamin B3: 1.92mg (9.62%), Calcium: 92.84mg (9.28%), Potassium: 323.98mg (9.26%), Vitamin C: 7.32mg (8.87%), Vitamin B2: 0.14mg (8.42%), Selenium: 5.46µg (7.8%), Phosphorus: 58.38mg (5.84%), Magnesium: 20.06mg (5.02%), Vitamin E: 0.52mg (3.45%), Copper: 0.07mg (3.3%), Vitamin B5: 0.31mg (3.09%), Vitamin B6: 0.05mg

(2.55%), Zinc: 0.36mg (2.41%), Vitamin A: 97.33IU (1.95%)