

Rhubarb Torte

READY IN



60 min.

SERVINGS



8

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons confectioners' sugar
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup butter
- ☐ 0.3 cup milk
- ☐ 3.5 cups rhubarb chopped
- ☐ 0.3 cup sugar white

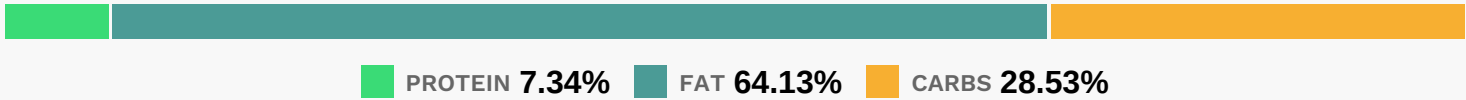
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C.)
- ☐ In a large bowl, combine 1 cup flour, margarine and confectioners' sugar.
- ☐ Mix together until it forms a ball. Press into the bottom and sides of a 9 inch square pan.
- ☐ Bake in the preheated oven for 20 minutes, or until golden brown.
- ☐ In a saucepan, combine 1 1/2 cup sugar, 3 tablespoons flour, yolks and milk. Stir together, then add chopped rhubarb. Cook, stirring constantly, until thickened.
- ☐ Pour into hot crust.
- ☐ In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add 1/4 cup sugar, continuing to beat until stiff peaks form.
- ☐ Spread meringue over rhubarb filling, covering completely.
- ☐ Bake in the preheated oven for 10 to 15 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:6.29, Inflammation Score:-5, Nutrition Score:5.09999999720117%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg

Nutrients (% of daily need)

Calories: 188.98kcal (9.45%), Fat: 13.71g (21.09%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 12.68g (4.61%), Sugar: 9.39g (10.44%), Cholesterol: 74.12mg (24.71%), Sodium: 161.86mg (7.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin K: 15.73µg (14.98%), Vitamin A: 675.73IU (13.51%), Selenium: 7.81µg (11.16%), Vitamin B2: 0.14mg (7.99%), Calcium: 72.66mg (7.27%), Manganese: 0.13mg (6.47%), Potassium: 203.8mg (5.82%), Phosphorus: 52.05mg (5.21%), Vitamin C: 4.3mg (5.21%), Vitamin E: 0.76mg (5.1%), Folate: 19.33µg (4.83%), Fiber: 1.04g (4.15%), Vitamin B12: 0.21µg (3.51%), Vitamin B1: 0.05mg (3.48%), Vitamin B5: 0.33mg (3.31%), Vitamin D: 0.48µg (3.18%), Magnesium: 10.24mg (2.56%), Iron: 0.45mg (2.48%), Vitamin B6: 0.05mg (2.29%), Zinc: 0.27mg (1.83%), Vitamin B3: 0.35mg (1.77%), Copper: 0.02mg (1.19%)