



## Rhubarb Upside-Down Cake with Rosemary Caramel Sauce

READY IN



105 min.

SERVINGS



8

CALORIES



660 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1.3 cups cake flour
- 3 ounces chocolate such as callebaut white chopped
- 2 large egg whites at room temperature
- 0.5 cup granulated sugar
- 1 cup granulated sugar
- 8 servings sauce
- 8 servings cream chamomile ice cream sour

- 0.5 teaspoon juice of lemon
- 0.5 cup brown sugar light packed
- 0.5 cup milk
- 0.5 pound rhubarb cut into 1/2-in. slices (2 cups)
- 0.5 pound rhubarb split cut into 2-in. pieces
- 1 rosemary sprig (5 in.)
- 0.5 teaspoon salt
- 0.3 cup butter unsalted at room temperature
- 0.8 teaspoon vanilla extract
- 1 cup whipping cream
- 8 servings compote
- 8 servings compote

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- blender
- ramekin
- toothpicks
- spatula
- slotted spoon

## Directions

- Preheat oven to 35

- Make cake: Butter a 9-in. round pan or 8 (1-cup) ramekins and line with parchment paper or waxed paper cut to fit. Butter the paper. In a bowl, toss rhubarb with 3 tbsp. granulated sugar. Spoon evenly into pan or ramekins; if using ramekins, set on a rimmed baking sheet.
- Melt chocolate in a small metal bowl over a pan of barely simmering water, whisking until smooth, 2 to 4 minutes.
- Let cool.
- Beat butter and 1/2 cup granulated sugar in a bowl with a mixer until fluffy.
- Add egg whites and vanilla and beat until well blended.
- Combine flour, baking powder, and salt in another bowl. Beat flour mixture into egg mixture half at a time, alternating with milk, until smooth. Stir in chocolate.
- Spread batter evenly over rhubarb.
- Bake cake until golden brown and a toothpick inserted in center comes out almost clean, 28 to 35 minutes.
- Let cool in pan or ramekins about 30 minutes.
- Heat cream and rosemary in a small saucepan over medium heat until bubbles form at edge of pan, stirring occasionally, 3 to 5 minutes.
- Remove from heat and discard rosemary.
- Stir granulated sugar with lemon juice and 2 tbsp. water in a 12-in. frying pan. Cook over medium-high heat, occasionally picking up pan and swirling mixture around sides to wash down sugar crystals, until deep golden, 5 to 6 minutes. Immediately remove pan from heat, add cream (it will bubble up), and whisk until smooth. Scrape sauce into a serving bowl.
- Make compote: In a small saucepan over medium heat, bring brown sugar, 1/3 cup water, and the rhubarb to a boil, stirring occasionally. Reduce heat and simmer until rhubarb is tender, 4 to 5 minutes.
- Loosen cake from sides of pan or ramekins with a small metal spatula. Invert pan onto a platter (or invert ramekins onto dessert plates) and remove paper. For cake on platter, cut into wedges and transfer to plates. Using a slotted spoon, spoon compote and some syrup on cake. Spoon some sauce next to cake and serve the rest on the side.
- Serve with chamomile ice cream.

## Nutrition Facts



■ PROTEIN 4.78% ■ FAT 40.4% ■ CARBS 54.82%

## Properties

Glycemic Index:67.1, Glycemic Load:48.4, Inflammation Score:-6, Nutrition Score:10.378695757493%

## Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

## Nutrients (% of daily need)

Calories: 659.61kcal (32.98%), Fat: 30.39g (46.76%), Saturated Fat: 18.68g (116.77%), Carbohydrates: 92.78g (30.93%), Net Carbohydrates: 90.2g (32.8%), Sugar: 72.87g (80.96%), Cholesterol: 84.82mg (28.27%), Sodium: 353.36mg (15.36%), Alcohol: 0.13g (100%), Alcohol %: 0.06% (100%), Caffeine: 7.02mg (2.34%), Protein: 8.08g (16.17%), Calcium: 251.02mg (25.1%), Vitamin A: 1034.91IU (20.7%), Vitamin B2: 0.34mg (19.85%), Selenium: 13.7µg (19.57%), Vitamin K: 19.2µg (18.29%), Manganese: 0.35mg (17.4%), Phosphorus: 171.76mg (17.18%), Potassium: 433.42mg (12.38%), Fiber: 2.58g (10.3%), Magnesium: 39.88mg (9.97%), Copper: 0.14mg (7.13%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.41µg (6.85%), Zinc: 1mg (6.69%), Vitamin E: 0.96mg (6.42%), Vitamin C: 5.24mg (6.35%), Vitamin D: 0.92µg (6.12%), Iron: 0.94mg (5.2%), Vitamin B1: 0.07mg (4.84%), Vitamin B6: 0.08mg (4.2%), Folate: 16.5µg (4.13%), Vitamin B3: 0.59mg (2.96%)