



Rhubarb Upside-Down Desserts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 4 grands flaky refrigerator biscuits frozen southern style pillsbury® (from 25-oz bag)
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons corn syrup dark light
- ☐ 0.5 teaspoon granulated sugar
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon orange zest grated
- ☐ 1.5 cups rhubarb fresh chopped

☐ 1 cup whipped cream

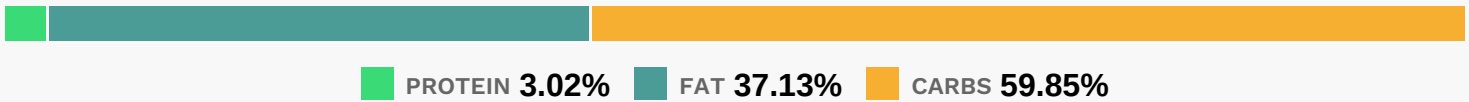
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Spray insides of 4 (6-oz) custard cups with cooking spray.
- ☐ Place custard cups on cookie sheet with sides.
- ☐ In medium bowl, mix brown sugar, butter, corn syrup, orange peel and rhubarb; divide evenly among custard cups. Top each with 1 biscuit. In small bowl, mix granulated sugar and cinnamon; sprinkle over biscuits.
- ☐ Bake 25 to 28 minutes or until deep golden brown; cool 1 minute. Turn upside down onto 4 serving plates; remove custard cups.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:75.77, Glycemic Load:16.8, Inflammation Score:-4, Nutrition Score:4.6982608748519%

Flavonoids

Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg

Nutrients (% of daily need)

Calories: 283.1kcal (14.15%), Fat: 11.98g (18.43%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 42.19g (15.34%), Sugar: 36.48g (40.53%), Cholesterol: 14.52mg (4.84%), Sodium: 151.74mg (6.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin K: 14.62µg (13.93%), Calcium: 103.22mg (10.32%), Vitamin A: 445.82IU (8.92%), Manganese: 0.17mg (8.44%), Vitamin B2: 0.13mg (7.54%), Potassium: 239.2mg (6.83%), Phosphorus: 51.3mg (5.13%), Vitamin C: 4.21mg (5.11%), Fiber: 1.24g (4.98%), Vitamin E:

0.69mg (4.57%), Vitamin B1: 0.06mg (4.01%), Magnesium: 14.34mg (3.59%), Iron: 0.61mg (3.37%), Folate: 13.28µg (3.32%), Selenium: 2.26µg (3.23%), Vitamin B5: 0.29mg (2.95%), Vitamin B3: 0.53mg (2.65%), Vitamin B12: 0.14µg (2.26%), Zinc: 0.33mg (2.23%), Vitamin B6: 0.04mg (2.18%), Copper: 0.04mg (2.06%)