



Rhubarb with Berries and Candied Ginger



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 4 slices candied ginger for garnish cut into thin strips,
- ☐ 4 servings crème fraîche
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 orange juice
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 teaspoon minute tapioca
- ☐ 1.5 pounds rhubarb
- ☐ 1 handful blackberries

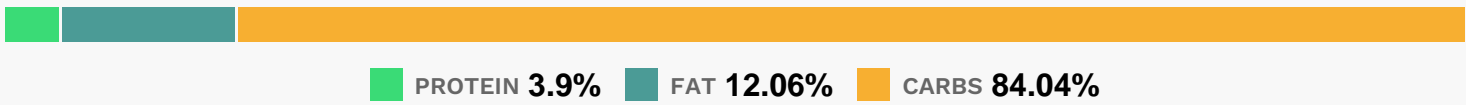
Equipment

- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Wash the rhubarb, trim off the ends of the stalks, then slice them crosswise into 1/2-inch chunks. If the stalks are very thick, halve them lengthwise first. Toss with the sugar, tapioca, orange juice, zest, and cloves. Arrange in an 8 x 10-inch gratin dish and let stand while you preheat the oven to 400°F. Cover with foil and bake until the fruit is tender when pierced with a knife, 35 to 45 minutes.
- ☐ Meanwhile, if you're using strawberries, rinse them quickly, then slice thickly. Plunge mulberries briefly into water and remove any stems. When the rhubarb is done, remove it from the oven, scatter the berries over the top, and let stand with a piece of foil placed loosely over the top. The heat of the rhubarb will open the flavor of the berries, cooking them slightly.
- ☐ Serve chilled or at room temperature, garnished with cream and crème fraîche whipped together until billowy, and the candied ginger.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Local Flavors by Deborah Madison Copyright (c) 2002 by Deborah Madison Published by Broadway Books. Deborah Madison's Vegetarian Cooking for Everyone and The Savory Way, each earned the IACP's Julia Child Cookbook of the Year award. Vegetarian Cooking for Everyone also received a James Beard Award, as did Local Flavors, her most recent book. She is also the author of the James Beard Award nominee This Can't Be Tofu! and The Greens Cookbook, which is now a classic. She lives in Galisteo, New Mexico.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:8.3752173923928%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epicatechin 3–gallate: 1.02mg, Epicatechin 3–gallate: 1.02mg, Epicatechin 3–gallate: 1.02mg, Epicatechin 3–gallate: 1.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 193.62kcal (9.68%), Fat: 2.71g (4.17%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 39.31g (14.3%), Sugar: 34.77g (38.64%), Cholesterol: 7.08mg (2.36%), Sodium: 19.46mg (0.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin K: 50.17µg (47.78%), Vitamin C: 21.27mg (25.78%), Manganese: 0.39mg (19.68%), Calcium: 183.35mg (18.33%), Potassium: 572.5mg (16.36%), Fiber: 3.13g (12.5%), Magnesium: 25.95mg (6.49%), Vitamin A: 278.89IU (5.58%), Vitamin B2: 0.08mg (4.46%), Folate: 17.48µg (4.37%), Selenium: 2.67µg (3.81%), Phosphorus: 36.7mg (3.67%), Vitamin E: 0.52mg (3.46%), Iron: 0.62mg (3.43%), Vitamin B1: 0.05mg (3.34%), Vitamin B6: 0.06mg (3.17%), Vitamin B3: 0.61mg (3.07%), Copper: 0.06mg (2.9%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.23mg (1.52%)