



Roasted rhubarb



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients



85 g brown sugar



550 g rhubarb

Equipment



baking sheet



oven



knife

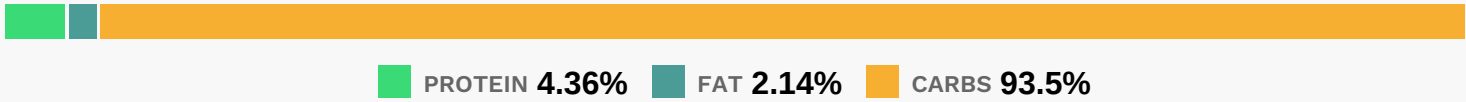


aluminum foil

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Rinse the rhubarb and shake off the excess water. Trim the ends and cut the rhubarb into little finger-sized pieces.
- ☐ Put the rhubarb in a shallow dish or baking sheet with sides, tip the sugar over, toss together, then shuffle the rhubarb so it's in a single layer. Cover with foil and roast for 15 mins.
- ☐ Remove the foil. The sugar should have dissolved, so give everything a little shake and roast for another 5 mins or until tender and the juices are syrupy. Test with a sharp knife; the rhubarb should feel tender, not mushy, and still have kept its shape.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:5.8147825287736%

Flavonoids

Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.82mg, Epicatechin 3-gallate: 0.82mg, Epicatechin 3-gallate: 0.82mg, Epicatechin 3-gallate: 0.82mg

Nutrients (% of daily need)

Calories: 109.63kcal (5.48%), Fat: 0.28g (0.42%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 24.61g (8.95%), Sugar: 22.13g (24.58%), Cholesterol: 0mg (0%), Sodium: 11.45mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin K: 40.29µg (38.37%), Manganese: 0.28mg (14.15%), Calcium: 135.89mg (13.59%), Vitamin C: 11mg (13.33%), Potassium: 424.26mg (12.12%), Fiber: 2.47g (9.9%), Magnesium: 18.41mg (4.6%), Vitamin A: 140.25IU (2.81%), Selenium: 1.77µg (2.53%), Iron: 0.45mg (2.52%), Vitamin E: 0.37mg (2.47%), Folate: 9.84µg (2.46%), Vitamin B2: 0.04mg (2.43%), Vitamin B3: 0.44mg (2.18%), Vitamin B6: 0.04mg (2.09%), Phosphorus: 20.1mg (2.01%), Copper: 0.04mg (1.94%), Vitamin B1: 0.03mg (1.83%), Vitamin B5: 0.14mg (1.45%)