



Roasted Rhubarb with Rose Water and Strawberry Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



4500 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients



6 servings optional: lemon



2 tablespoons juice of lemon fresh



1.5 teaspoons potato flour



1.5 pounds rhubarb



0.8 teaspoon rosewater



2 pound strawberries whole frozen thawed (not in syrup)



0.8 cup sugar

☐ 0.8 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ ice cream machine

Directions

- ☐ Cook water and sugar in a small heavy saucepan over medium heat, stirring, until sugar has dissolved.
- ☐ Remove from heat and cool syrup completely.
- ☐ Purée strawberries with syrup in a food processor until smooth, then force through a fine-mesh sieve into a bowl and stir in lemon juice. If mixture isn't already cold, quick-chill by putting bowl in an ice bath and stirring occasionally for about 15 minutes.
- ☐ Freeze mixture in ice cream maker, then transfer to an airtight container and put in freezer to harden, at least 3 hours.
- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Whisk together sugar and potato starch in a 13- by 9-inch shallow baking dish.
- ☐ Add rhubarb and toss. Roast until rhubarb is just tender (not falling apart), 20 to 25 minutes.
- ☐ Cool to warm, about 30 minutes, then sprinkle rose water over rhubarb.
- ☐ Serve rhubarb and its juices with sorbet.
- ☐ Sorbet keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:24.77, Glycemic Load:21.41, Inflammation Score:-6, Nutrition Score:12.906087046084%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 7.16mg, Catechin: 7.16mg, Catechin: 7.16mg, Catechin: 7.16mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.91mg, Epicatechin 3-gallate: 0.91mg, Epicatechin 3-gallate: 0.91mg, Epicatechin 3-gallate: 0.91mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 173.36kcal (8.67%), Fat: 0.8g (1.22%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 37.77g (13.73%), Sugar: 33.91g (37.68%), Cholesterol: 0mg (0%), Sodium: 8.24mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Vitamin C: 103.64mg (125.62%), Manganese: 0.81mg (40.56%), Vitamin K: 36.55µg (34.81%), Fiber: 5.31g (21.22%), Potassium: 578.23mg (16.52%), Calcium: 125.3mg (12.53%), Folate: 46.12µg (11.53%), Magnesium: 34.74mg (8.69%), Vitamin B6: 0.11mg (5.5%), Phosphorus: 54.52mg (5.45%), Copper: 0.11mg (5.36%), Iron: 0.93mg (5.19%), Vitamin E: 0.76mg (5.09%), Vitamin B3: 0.95mg (4.76%), Vitamin B2: 0.07mg (4.38%), Vitamin B1: 0.06mg (4.27%), Vitamin B5: 0.31mg (3.08%), Selenium: 2.04µg (2.92%), Vitamin A: 135.65IU (2.71%), Zinc: 0.34mg (2.27%)