



Saucy Raspberry-Rhubarb



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 3 cups rhubarb fresh frozen thawed chopped
- ☐ 0.5 cup apple juice
- ☐ 3 tablespoons brown sugar packed
- ☐ 2 cups raspberries fresh
- ☐ 6 tablespoons cream sour reduced-fat

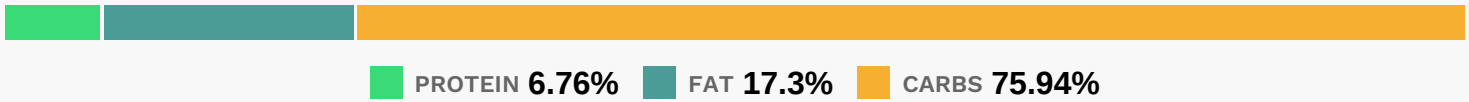
Equipment

- ☐ sauce pan

Directions

- ☐ Heat rhubarb, apple juice, brown sugar and 1 cup of the raspberries to boiling in 1 1/2-quart saucepan; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally, until rhubarb is soft. Cool about 30 minutes.
- ☐ Stir in remaining 1 cup raspberries. Spoon into dessert dishes. Top with sour cream.

Nutrition Facts



Properties

Glycemic Index:13.29, Glycemic Load:1.71, Inflammation Score:-3, Nutrition Score:5.6730434259643%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 82.24kcal (4.11%), Fat: 1.68g (2.59%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 12.86g (4.68%), Sugar: 10.27g (11.42%), Cholesterol: 4.2mg (1.4%), Sodium: 15.31mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Manganese: 0.41mg (20.33%), Vitamin K: 21.05µg (20.05%), Vitamin C: 15.65mg (18.97%), Fiber: 3.74g (14.96%), Calcium: 86.01mg (8.6%), Potassium: 290.37mg (8.3%), Magnesium: 18.89mg (4.72%), Vitamin E: 0.55mg (3.67%), Folate: 14.05µg (3.51%), Phosphorus: 30.35mg (3.03%), Vitamin B2: 0.05mg (3.02%), Copper: 0.06mg (2.8%), Iron: 0.49mg (2.7%), Vitamin A: 114.99IU (2.3%), Vitamin B1: 0.03mg (2.28%), Vitamin B3: 0.45mg (2.26%), Vitamin B6: 0.05mg (2.26%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.29mg (1.97%), Selenium: 1.22µg (1.74%)