



Slow-roasted rhubarb with ginger ice cream

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



568 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 800 g rhubarb sliced into thumb-size chunks
- ☐ 100 ml vin santo
- ☐ 300 g sugar
- ☐ 2 large orange zest
- ☐ 200 g ginger very finely chopped
- ☐ 250 ml milk
- ☐ 4 egg yolk
- ☐ 85 g sugar

☐ 300 ml double cream

Equipment

☐ bowl

☐ frying pan

☐ baking paper

☐ oven

☐ sieve

☐ baking pan

Directions

☐ Make the ice cream: tip the ginger and syrup into a pan with the milk, bring to the boil, then remove from the heat. Allow to cool and infuse, then taste add more ginger if you like a stronger flavour.

☐ Bring the milk and ginger back to the boil. In a separate bowl, mix the yolks with sugar.

☐ Pour on the boiled milk, stirring non-stop, until completely mixed, then pour back into the pan. Cook over a gentle heat, stirring constantly, until it thickens and coats the spoon.

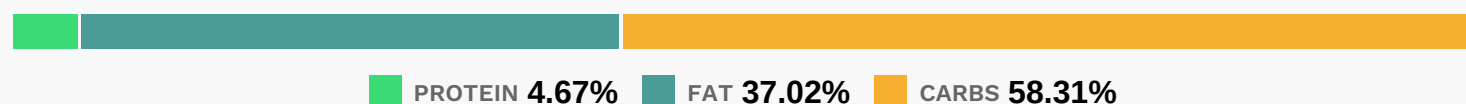
☐ Remove from the heat and stir in the cream.

☐ Pour through a sieve to remove the ginger, cool, then churn in an ice-cream maker. Freeze.

☐ Tip the rhubarb into a baking dish, pour over the wine (if using) and scatter over the sugar and zest. Cover with baking paper and bake in a low oven at 140C/ 120C fan/gas 1 for 1 hr or until tender. This slow method keeps the rhubarbs shape and texture. Can be prepared the day ahead and left at room temperature.

☐ Serve the rhubarb and its juices along with a couple of scoops of ice cream.

Nutrition Facts



Properties

Glycemic Index:34.36, Glycemic Load:46.82, Inflammation Score:-7, Nutrition Score:13.103913058405%

Flavonoids

Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 16.03mg, Malvidin: 16.03mg, Malvidin: 16.03mg, Malvidin: 16.03mg Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Epicatechin 3–gallate: 0.8mg, Epicatechin 3–gallate: 0.8mg, Epicatechin 3–gallate: 0.8mg, Epicatechin 3–gallate: 0.8mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 568.08kcal (28.4%), Fat: 23.44g (36.07%), Saturated Fat: 13.65g (85.33%), Carbohydrates: 83.07g (27.69%), Net Carbohydrates: 79.58g (28.94%), Sugar: 70.99g (78.88%), Cholesterol: 191.59mg (63.86%), Sodium: 47.62mg (2.07%), Alcohol: 2.59g (100%), Alcohol %: 0.92% (100%), Protein: 6.65g (13.29%), Vitamin K: 40.92µg (38.97%), Calcium: 229.97mg (23%), Vitamin A: 1134.84IU (22.7%), Vitamin C: 18.08mg (21.91%), Potassium: 672.97mg (19.23%), Manganese: 0.37mg (18.46%), Vitamin B2: 0.29mg (16.91%), Selenium: 11.26µg (16.08%), Phosphorus: 151.74mg (15.17%), Fiber: 3.49g (13.96%), Vitamin D: 1.93µg (12.84%), Magnesium: 42.01mg (10.5%), Vitamin B12: 0.55µg (9.11%), Vitamin B6: 0.18mg (8.91%), Vitamin B5: 0.85mg (8.53%), Folate: 33.73µg (8.43%), Vitamin E: 1.25mg (8.34%), Copper: 0.13mg (6.72%), Vitamin B1: 0.1mg (6.54%), Zinc: 0.85mg (5.65%), Iron: 0.98mg (5.42%), Vitamin B3: 0.8mg (4.01%)