



Strawberry-Rhubarb and Cream Bars

 Vegetarian

READY IN



325 min.

SERVINGS



15

CALORIES



414 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter melted
- ☐ 1 cup confectioners' sugar
- ☐ 3 tablespoons plus
- ☐ 3 tablespoons cornstarch
- ☐ 8 ounce cream cheese softened
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups heavy whipping cream
- ☐ 1 cup pecans chopped

- ☐ 5 cups rhubarb chopped
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan. Chill a metal bowl in refrigerator.
- ☐ Mix flour, pecans, butter, and white sugar in a bowl and press the mixture into the bottom of the prepared baking pan.
- ☐ Bake the crust in the preheated oven until golden brown, 18 to 20 minutes; cool in pan on wire rack.
- ☐ Mix 1 cup brown sugar, corn syrup, and cornstarch in a saucepan; stir in rhubarb. Bring the rhubarb mixture to a boil; reduce heat and cook, stirring often, until thickened, 4 to 5 minutes.
- ☐ Let the filling cool and stir in strawberries.
- ☐ Beat cream cheese with confectioners' sugar in a bowl until smooth.
- ☐ Pour heavy cream into chilled metal bowl and whip with an electric mixer until fluffy and the cream holds soft peaks, about 3 minutes. Fold 1 cup of the whipped cream into the cream cheese mixture; reserve remaining whipped cream.
- ☐ Spread the cream cheese mixture over the cooled crust and top with the rhubarb mixture; spoon the remaining whipped cream over rhubarb layer. Refrigerate until set and thoroughly chilled, 3 to 4 hours; sprinkle with 2 tablespoons brown sugar.

Nutrition Facts

PROTEIN 4.19% FAT 63.92% CARBS 31.89%

Properties

Glycemic Index:20.27, Glycemic Load:12.79, Inflammation Score:-6, Nutrition Score:8.3686956426372%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 413.85kcal (20.69%), Fat: 30.16g (46.4%), Saturated Fat: 15.89g (99.33%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 31.78g (11.56%), Sugar: 16.94g (18.82%), Cholesterol: 70.22mg (23.41%), Sodium: 155.26mg (6.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Manganese: 0.56mg (28.03%), Vitamin A: 919.49IU (18.39%), Vitamin K: 14.44µg (13.75%), Vitamin B1: 0.2mg (13.34%), Selenium: 8.6µg (12.29%), Vitamin C: 9.1mg (11.03%), Vitamin B2: 0.19mg (10.91%), Folate: 39.86µg (9.96%), Fiber: 2.09g (8.34%), Phosphorus: 77.65mg (7.76%), Calcium: 76.2mg (7.62%), Copper: 0.13mg (6.54%), Potassium: 222.19mg (6.35%), Iron: 1.14mg (6.33%), Vitamin B3: 1.26mg (6.3%), Vitamin E: 0.91mg (6.09%), Magnesium: 21.73mg (5.43%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.34mg (3.36%), Vitamin B6: 0.05mg (2.64%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.09µg (1.51%)