



Strawberry & Rhubarb Compote with Honey Custard

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



293 kcal

SAUCE

Ingredients

- 1 tbsp ghee grass-fed (preferably from cows)
- 6 egg yolks beaten (from pasture-raised hens,)
- 1 cup heavy cream grass-fed (preferably from cows, not ultra-pasteurized)
- 3 tbsp no more than honey
- 1 juice of orange
- 1 lb rhubarb diced trimmed (and)
- 1 lb strawberries diced hulled (and)

- 1 vanilla pod

Equipment

- bowl
- sauce pan
- whisk
- double boiler

Directions

- Bring water to a simmer in a double boiler or in a saucepan fitted with a bowl. Scrape the contents of a vanilla bean into cream and pour into the top of the double boiler, cook until hot.
- Whisk in honey to taste, then transfer a tablespoon or two of the hot cream to your beaten eggs, whisking vigorously to temper them.
- Transfer the tempered egg yolks into the cream and continue stirring slowly until the custard is thick enough to coat the back of a spoon.
- Transfer to a dish and allow it to rest while you prepare the compote. To make the compote, melt butter in a saucepan over a moderate flame, then toss in rhubarb and sautee in butter until softened, about five to six minutes. Stir in strawberries, honey (as needed), and the juice and zest of one orange; reduce the heat to medium-low and continue to cook another three to four minutes until the berries are softened, but not mushy.
- Transfer to a serving dish and serve topped with honey custard.

Nutrition Facts

 PROTEIN 6.96%  FAT 65.5%  CARBS 27.54%

Properties

Glycemic Index: 26.21, Glycemic Load: 7.03, Inflammation Score: -6, Nutrition Score: 12.90347835292%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Pelargonidin: 18.79mg, Pelargonidin:

18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.99mg, Catechin: 3.99mg, Catechin: 3.99mg, Catechin: 3.99mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 293.17kcal (14.66%), Fat: 22.1g (34%), Saturated Fat: 12.44g (77.77%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 18g (6.54%), Sugar: 15.25g (16.94%), Cholesterol: 245.62mg (81.87%), Sodium: 23.7mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin C: 55.79mg (67.62%), Vitamin K: 25.22µg (24.02%), Manganese: 0.46mg (23%), Vitamin A: 948.84IU (18.98%), Selenium: 12.5µg (17.85%), Folate: 54.51µg (13.63%), Calcium: 128.24mg (12.82%), Vitamin B2: 0.22mg (12.7%), Phosphorus: 124.05mg (12.41%), Potassium: 416.15mg (11.89%), Fiber: 2.91g (11.66%), Vitamin D: 1.61µg (10.71%), Vitamin E: 1.26mg (8.38%), Vitamin B5: 0.82mg (8.24%), Vitamin B12: 0.41µg (6.91%), Vitamin B6: 0.14mg (6.85%), Magnesium: 23.89mg (5.97%), Iron: 1.07mg (5.95%), Vitamin B1: 0.08mg (5.46%), Zinc: 0.72mg (4.79%), Copper: 0.08mg (3.93%), Vitamin B3: 0.6mg (3.01%)