



## Strawberry Rhubarb Slump

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup flour all-purpose sifted
- ☐ 6 servings lightly whipped cream sweetened
- ☐ 0.5 cup milk
- ☐ 2 cups cut-up rhubarb
- ☐ 0.3 teaspoon salt
- ☐ 1 pint strawberries green cut into large pieces
- ☐ 0.5 cup sugar

☐ 0.5 cup water

Equipment

☐ bowl

☐ sauce pan

Directions

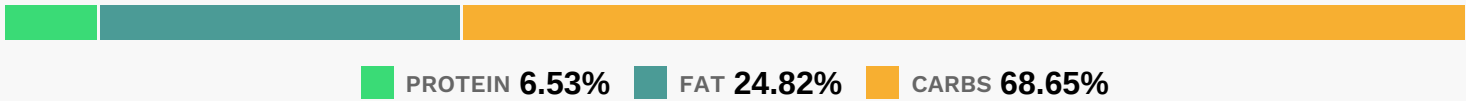
☐ In a saucepan with a tight-fitting lid, combine the strawberries, rhubarb, sugar and 1/2 cup water. Cook over medium heat at a simmer for about 10 minutes.

☐ Meanwhile, in a bowl, stir together the flour, baking powder and salt.

☐ Add the milk and quickly combine. Drop the batter by spoonfuls onto the surface of the slightly simmering fruit. Cook for 10 minutes uncovered, then place a lid on and cook another 10 minutes.

☐ Serve in shallow bowls, topped with whipped cream.

Nutrition Facts



Properties

Glycemic Index:54.68, Glycemic Load:25.77, Inflammation Score:-5, Nutrition Score:10.573043434516%

Flavonoids

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Nutrients (% of daily need)

Calories: 238.43kcal (11.92%), Fat: 6.78g (10.42%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 39.3g (14.29%), Sugar: 23.05g (25.61%), Cholesterol: 22.99mg (7.66%), Sodium: 255.64mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin C: 49.71mg (60.26%), Manganese: 0.53mg (26.4%), Calcium: 165.39mg (16.54%), Folate: 59.9µg (14.97%), Vitamin B1: 0.2mg (13.47%), Vitamin K: 13.77µg (13.12%), Selenium: 8.31µg (11.88%), Fiber: 2.87g (11.5%), Phosphorus: 96.87mg (9.69%), Vitamin B2: 0.16mg (9.63%), Iron: 1.54mg (8.53%), Vitamin B3: 1.68mg (8.39%), Potassium: 291.19mg (8.32%), Vitamin A: 301.38IU (6.03%), Magnesium: 22.72mg (5.68%), Copper: 0.08mg (4.06%), Vitamin B6: 0.07mg (3.42%), Vitamin B5: 0.3mg (3%), Zinc: 0.38mg (2.56%), Vitamin E: 0.36mg (2.41%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)