



Strawberry Rhubarb Terrine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1 pound rhubarb stalks cut into 1/2-inch segments (if rhubarb stalks are large and stringy, peel first)
- ☐ 3 cups water divided
- ☐ 0.8 cups sugar
- ☐ 8 servings orange zest grated
- ☐ 0.3 cup juice of lemon
- ☐ 3 cups strawberries fresh sliced
- ☐ 3 quarter-ounce packets of plain unflavored
- ☐ 3 quarter-ounce packets of plain unflavored

Equipment

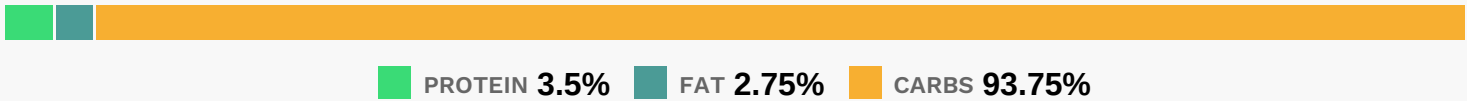
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ loaf pan
- ☐ casserole dish

Directions

- ☐ Cook the rhubarb: Bring 2 cups of water, the orange zest, and the sugar to a boil in a medium saucepan.
- ☐ Add the lemon juice and rhubarb pieces. Bring to a simmer.
- ☐ Let cook for about 4 minutes, until rhubarb is just tender, but not disintegrating.
- ☐ Remove the pan from the heat.
- ☐ Soften the gelatin: While the rhubarb is simmering, put 1 cup of cold water in a small bowl.
- ☐ Pour the gelatin from the packets over the water. Stir to make sure all of the gelatin powder is wet.
- ☐ Let soften for about a minute.
- ☐ Combine gelatin water and rhubarb mixture:
- ☐ Put the gelatin water into the rhubarb sugar mixture. Slowly stir so as not to break up the rhubarb, but to make sure the softened gelatin is completely dissolved.
- ☐ Pour mixture into two loaf pans, evenly divided, or one large casserole dish.
- ☐ Add the strawberries to the pans, gently distributing them among the rhubarb pieces.
- ☐ Chill: Cover with plastic wrap and chill for 6 hours, or overnight, until firm.
- ☐ Un-mold: Fill a large bowl or basin with very warm water. Dip the bottom of one of the loaf pans into the water and count ten seconds.
- ☐ Remove from the water and run a blunt knife along the edges of the pan to break the suction.
- ☐ Place a serving platter upside down over the pan and gently turn the pan over.

☐ You might need to give it a little tap to release the terrine from the mold. If it's stubborn, place it back in the warm water for a few more seconds.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:14.52, Inflammation Score:-4, Nutrition Score:7.315652007642%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 114.69kcal (5.73%), Fat: 0.38g (0.58%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 25.53g (9.28%), Sugar: 22.17g (24.63%), Cholesterol: 0mg (0%), Sodium: 7.87mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 55.56mg (67.34%), Vitamin K: 17.8µg (16.95%), Manganese: 0.32mg (16.06%), Fiber: 3.4g (13.58%), Calcium: 80.03mg (8%), Potassium: 279.58mg (7.99%), Folate: 22.05µg (5.51%), Magnesium: 17.81mg (4.45%), Copper: 0.07mg (3.28%), Vitamin B6: 0.06mg (3.18%), Vitamin B1: 0.04mg (2.7%), Vitamin B2: 0.04mg (2.61%), Iron: 0.46mg (2.54%), Vitamin B3: 0.49mg (2.47%), Phosphorus: 24.03mg (2.4%), Vitamin E: 0.35mg (2.34%), Vitamin A: 115.17IU (2.3%), Vitamin B5: 0.18mg (1.84%), Selenium: 1.08µg (1.54%), Zinc: 0.18mg (1.18%)