



Strawberry-Rhubarb Topping



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 2.5 teaspoons cornstarch
- ☐ 3.5 cups rhubarb coarsely chopped
- ☐ 3 cups strawberries sliced
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 tablespoon water

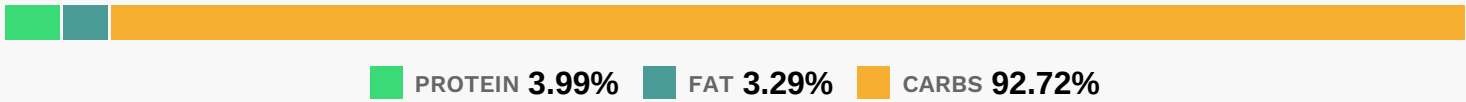
Equipment

☐ sauce pan

Directions

- ☐ Combine first three ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until rhubarb is tender.
- ☐ Combine 1 tablespoon water and cornstarch; stir well, and add to rhubarb mixture. Bring to a boil, and cook 1 minute or until thickened, stirring constantly.
- ☐ Remove from heat; stir in strawberries and vanilla.
- ☐ Serve warm or chilled over angel food cake, sponge cake, or vanilla low-fat ice cream.

Nutrition Facts



Properties

Glycemic Index:13.68, Glycemic Load:9.02, Inflammation Score:-3, Nutrition Score:4.7565217743749%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epicatechin 3-gallate: 0.36mg, Epicatechin 3-gallate: 0.36mg, Epicatechin 3-gallate: 0.36mg, Epicatechin 3-gallate: 0.36mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 70.86kcal (3.54%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 15.62g (5.68%), Sugar: 13.99g (15.54%), Cholesterol: 0mg (0%), Sodium: 3.08mg (0.13%), Alcohol: 0.08g (100%), Alcohol %: 0.08% (100%), Protein: 0.75g (1.5%), Vitamin C: 32.02mg (38.81%), Vitamin K: 14.96µg (14.24%), Manganese: 0.28mg (13.98%), Fiber: 1.82g (7.28%), Potassium: 210.65mg (6.02%), Calcium: 48.94mg (4.89%), Folate: 14.84µg (3.71%), Magnesium: 12.08mg (3.02%), Phosphorus: 18.25mg (1.82%), Copper: 0.04mg (1.79%), Vitamin E: 0.27mg (1.78%), Iron: 0.31mg (1.72%), Vitamin B6: 0.03mg (1.7%), Vitamin B3: 0.33mg (1.64%),

Vitamin B2: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.4%), Selenium: 0.8µg (1.14%), Vitamin A: 54.15IU (1.08%)