



## Swirly Temples

 **Gluten Free**

READY IN



**105 min.**

SERVINGS



**16**

CALORIES



**164 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 tablespoons clotted cream at room temperature
- 2 tablespoons confectioners' sugar
- 0.3 cup granulated sugar
- 0.5 cup heavy cream
- 2 tablespoons honey
- 8 slices round cake
- 2 cups rhubarb fresh frozen thawed chopped
- 1 pinch salt

- 16 servings strawberry preserves for spreading

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- blender
- cookie cutter

## Directions

- Bring the granulated sugar, honey, salt and 2 tablespoons water to a gentle simmer in a small saucepan over medium heat. Cook, stirring, until the sugar dissolves.
- Transfer 1 1/2 tablespoons of the syrup to a small bowl; set aside.
- Add the rhubarb to the remaining syrup; cook, stirring occasionally, until the rhubarb breaks down and the mixture thickens, 15 to 20 minutes.
- Let cool slightly, then transfer to a blender and puree until smooth.
- Transfer to a bowl and refrigerate until cold, at least 1 hour.
- Beat the heavy cream, mascarpone and confectioners' sugar with a mixer on medium-high speed until stiff peaks form. Fold one-third of the cream mixture into the rhubarb mixture until just combined, then fold in the rest. Cover and refrigerate until cold, about 1 hour.
- Meanwhile, preheat the oven to 375 degrees F. Use a 2-inch-round cookie cutter to cut circles from the pound cake slices.
- Transfer to a baking sheet and bake until lightly toasted, about 5 minutes.
- Remove from the oven and immediately brush the cake rounds with the reserved syrup; let cool completely on the baking sheet.
- Spread a layer of strawberry preserves on the cake rounds.
- Transfer the rhubarb cream to a piping bag fitted with a large star tip. Pipe the cream onto the cakes.
- Photograph by Charles Masters

# Nutrition Facts

PROTEIN 3.46% FAT 23.9% CARBS 72.64%

## Properties

Glycemic Index:11.9, Glycemic Load:10.82, Inflammation Score:-1, Nutrition Score:2.3378261016763%

## Flavonoids

Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg

## Nutrients (% of daily need)

Calories: 164.15kcal (8.21%), Fat: 4.41g (6.78%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 29.59g (10.76%), Sugar: 21.84g (24.27%), Cholesterol: 26.52mg (8.84%), Sodium: 106.59mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin K: 4.74µg (4.51%), Vitamin B2: 0.08mg (4.46%), Vitamin A: 187.36IU (3.75%), Vitamin C: 3.04mg (3.68%), Calcium: 36.66mg (3.67%), Manganese: 0.07mg (3.59%), Selenium: 2.2µg (3.15%), Iron: 0.56mg (3.11%), Phosphorus: 30.9mg (3.09%), Vitamin B1: 0.04mg (2.95%), Folate: 10.67µg (2.67%), Potassium: 82.68mg (2.36%), Fiber: 0.57g (2.3%), Vitamin B3: 0.35mg (1.75%), Copper: 0.03mg (1.73%), Magnesium: 4.85mg (1.21%), Vitamin E: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.09%)