



Vanilla-Roasted Rhubarb and Strawberries

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 4 servings greek yogurt chopped
- ☐ 1 pound rhubarb stalks trimmed
- ☐ 0.5 pound strawberries hulled halved
- ☐ 0.3 cup sugar
- ☐ 1 piece vanilla pod split

Equipment

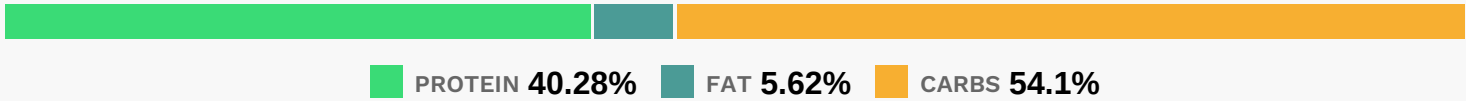
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Combine rhubarb, strawberries, bourbon, and sugar in a medium bowl. Scrape in seeds from vanilla bean.
- ☐ Cut bean into 4 pieces and add to bowl; stir mixture until sugar begins to dissolve.
- ☐ Place four 16x12" sheets of parchment paper, or heavy-duty foil if grilling, on a work surface. Divide mixture evenly among sheets, arranging on one side of each sheet. Fold parchment over mixture and crimp edges tightly to form a sealed packet. DO AHEAD: Foil packets can be made 4 hours ahead; parchment packets should not be made ahead. Chill.
- ☐ Let stand at room temperature for 15 minutes before continuing.
- ☐ Preheat oven to 425°F.
- ☐ Place packets on a small rimmed baking sheet. Alternatively, build a medium fire in a charcoal grill, or heat a gas grill to medium-high.
- ☐ Bake or grill packets until rhubarb is tender but not mushy (carefully open 1 packet to check; steam will escape), 10–12 minutes for thinner rhubarb, 14–16 minutes for thicker. Carefully cut open packets.
- ☐ Transfer mixture to bowls. Top with yogurt, honey, and pistachios.

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:10.42, Inflammation Score:-5, Nutrition Score:15.757391318031%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 249.67kcal (12.48%), Fat: 1.36g (2.1%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 26.37g (9.59%), Sugar: 23.03g (25.59%), Cholesterol: 10mg (3.33%), Sodium: 77.38mg (3.36%), Alcohol: 5.01g (100%), Alcohol %: 1.59% (100%), Protein: 22g (44%), Vitamin C: 42.41mg (51.41%), Vitamin B2: 0.61mg (35.97%), Calcium: 328.72mg (32.87%), Vitamin K: 34.47µg (32.83%), Selenium: 21.35µg (30.5%), Phosphorus: 302.08mg (30.21%), Vitamin B12: 1.4µg (23.33%), Manganese: 0.46mg (23.12%), Potassium: 695.89mg (19.88%), Fiber: 3.18g (12.7%), Magnesium: 42.98mg (10.74%), Vitamin B6: 0.18mg (9.1%), Folate: 35.55µg (8.89%), Zinc: 1.26mg (8.4%), Vitamin B5: 0.83mg (8.29%), Vitamin B1: 0.08mg (5.41%), Vitamin B3: 0.98mg (4.92%), Copper: 0.09mg (4.45%), Iron: 0.63mg (3.52%), Vitamin E: 0.49mg (3.27%), Vitamin A: 130.47IU (2.61%)