



Warm Rhubarb Compote with Walnut-Coconut Crunch



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

SAUCE

Ingredients

- ☐ 0.5 cup coconut or unsweetened organic flaked
- ☐ 0.3 cup creme de cassis (black-currant liqueur)
- ☐ 4 servings honey (for drizzling)
- ☐ 0.7 cup greek yogurt plain greek-style
- ☐ 0.7 cup sugar
- ☐ 0.5 cup walnut pieces

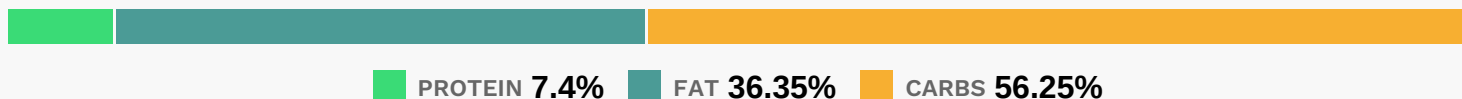
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Bring rhubarb, 2/3 cup sugar, and crème de cassis to boil in heavy medium saucepan, stirring until sugar dissolves. Reduce heat to low, cover, and simmer until rhubarb is soft, about 10 minutes.
- ☐ Transfer to refrigerator to cool slightly. DO AHEAD: Can be made 1 day ahead. Cover and keep refrigerated. Rewarm, if desired.
- ☐ Place walnuts and remaining 5 tablespoons sugar in medium nonstick skillet. Stir constantly over high heat until sugar melts and turns deep amber color, about 3 minutes.
- ☐ Remove from heat.
- ☐ Add coconut and stir until well combined, about 30 seconds. Press onto bottom of pan. Cool in pan. Break into shards. DO AHEAD: Can be made 1 day ahead. Store in airtight container at room temperature.
- ☐ Divide rhubarb compote among 4 large wineglasses. Spoon dollop of yogurt atop compote, drizzle with honey, and top with walnut-coconut crunch.
- ☐ * Available at natural foods stores and specialty foods stores.
- ☐ ** A thick yogurt that's sold at some supermarkets and at specialty foods stores (such as Trader Joe's and Whole Foods markets) and Greek markets. If unavailable, place regular yogurt in cheesecloth-lined strainer set over large bowl. Cover and refrigerate 4 hours or overnight to drain.

Nutrition Facts



Properties

Glycemic Index:38.09, Glycemic Load:26.54, Inflammation Score:-2, Nutrition Score:5.7165218047474%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 308.54kcal (15.43%), Fat: 13.12g (20.18%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 43.78g (15.92%), Sugar: 43.08g (47.86%), Cholesterol: 1.67mg (0.56%), Sodium: 16.68mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Manganese: 0.66mg (33.06%), Copper: 0.29mg (14.39%), Phosphorus: 107.52mg (10.75%), Fiber: 1.89g (7.58%), Magnesium: 30.26mg (7.57%), Selenium: 5.28µg (7.55%), Vitamin B2: 0.13mg (7.45%), Calcium: 54.23mg (5.42%), Vitamin B6: 0.11mg (5.35%), Zinc: 0.77mg (5.12%), Folate: 19.41µg (4.85%), Potassium: 151.55mg (4.33%), Vitamin B1: 0.06mg (4.25%), Iron: 0.75mg (4.14%), Vitamin B12: 0.23µg (3.89%), Vitamin B5: 0.23mg (2.28%), Vitamin B3: 0.3mg (1.48%)