

# Rhubarb Custard Bars

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## **Yield: 3 dozen**

*2 cups all-purpose flour*

*1/4 cup sugar*

*1 cup cold butter*

### **FILLING**

*2 cups sugar*

*7 tablespoons all-purpose flour*

*1 cup heavy whipping cream*

*3 large eggs, beaten*

*5 cups fresh or frozen rhubarb,*

*thawed and drained, finely chopped*

### **TOPPING**

*6 ounces cream cheese, softened*

*1/2 cup sugar*

*1/2 teaspoon vanilla extract*

*1 cup heavy cream, whipped*

## **Preparation Time: 25 minutes**

### **Bake: 50 minutes**

Preheat the oven to 350 degrees.

In a bowl, combine the flour and sugar. Cut in the butter until the mixture resembles coarse crumbs. Press into a greased 13x9-inch baking pan.

Bake for 10 minutes.

For the filling, combine the flour and sugar in a bowl. Whisk in the cream and eggs. Stir in the rhubarb. Pour over the crust.

Bake for 40 to 45 minutes or until the custard is set. Cool.

For the topping, beat the cream cheese, sugar and vanilla until smooth. Fold in the whipped cream. Spread over the top.

Cover and chill.

Cut into bars. Store in the refrigerator.

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Per Serving (excluding unknown items): 7327 Calories; 437g Fat (52.9% calories from fat); 75g Protein; 802g Carbohydrate; 8g Dietary Fiber; 1972mg Cholesterol; 2777mg Sodium. Exchanges: 15 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 84 Fat; 37 Other Carbohydrates.

Desserts

## **Per Serving Nutritional Analysis**

|                                |            |
|--------------------------------|------------|
| Calories (kcal):               | 7327       |
| % Calories from Fat:           | 52.9%      |
| % Calories from Carbohydrates: | 43.1%      |
| % Calories from Protein:       | 4.0%       |
| Total Fat (g):                 | 437g       |
| Saturated Fat (g):             | 267g       |
| Monounsaturated Fat (g):       | 127g       |
| Polyunsaturated Fat (g):       | 19g        |
| Cholesterol (mg):              | 1972mg     |
| Carbohydrate (g):              | 802g       |
| Dietary Fiber (g):             | 8g         |
| Protein (g):                   | 75g        |
| Sodium (mg):                   | 2777mg     |
| Potassium (mg):                | 1159mg     |
| Calcium (mg):                  | 627mg      |
| Iron (mg):                     | 20mg       |
| Zinc (mg):                     | 6mg        |
| Vitamin C (mg):                | 3mg        |
| Vitamin A (i.u.):              | 17092IU    |
| Vitamin A (r.e.):              | 4662 1/2RE |

|                     |        |
|---------------------|--------|
| Vitamin B6 (mg):    | .5mg   |
| Vitamin B12 (mcg):  | 3.8mcg |
| Thiamin B1 (mg):    | 2.6mg  |
| Riboflavin B2 (mg): | 3.2mg  |
| Folacin (mcg):      | 588mcg |
| Niacin (mg):        | 19mg   |
| Caffeine (mg):      | 0mg    |
| Alcohol (kcal):     | 6      |
| % Refuse:           | 0.0%   |

### Food Exchanges

|                      |       |
|----------------------|-------|
| Grain (Starch):      | 15    |
| Lean Meat:           | 4 1/2 |
| Vegetable:           | 0     |
| Fruit:               | 0     |
| Non-Fat Milk:        | 1 1/2 |
| Fat:                 | 84    |
| Other Carbohydrates: | 37    |

### Nutrition Facts

#### Amount Per Serving

Calories 7327                      Calories from Fat: 3875

#### % Daily Values\*

|                                 |       |
|---------------------------------|-------|
| <b>Total Fat</b> 437g           | 673%  |
| Saturated Fat 267g              | 1333% |
| <b>Cholesterol</b> 1972mg       | 657%  |
| <b>Sodium</b> 2777mg            | 116%  |
| <b>Total Carbohydrates</b> 802g | 267%  |
| Dietary Fiber 8g                | 33%   |
| <b>Protein</b> 75g              |       |
| <b>Vitamin A</b>                | 342%  |
| <b>Vitamin C</b>                | 5%    |
| <b>Calcium</b>                  | 63%   |
| <b>Iron</b>                     | 110%  |

\* Percent Daily Values are based on a 2000 calorie diet.