

Rhubarb Gingersnap Parfaits

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Servings: 4

*1 pound fresh rhubarb, finely chopped
or 3/4 pound frozen rhubarb
(unthawed)
1/2 cup granulated sugar
3/4 cup chilled heavy cream
3 tablespoons confectioner's sugar
1/3 cup sour cream
1 tablespoon sherry
8 (6 tablespoons) gingersnaps, finely
crushed*

Cook the rhubarb and the granulated sugar in a wide, heavy saucepan over medium-high heat, stirring constantly, until the rhubarb starts to give off juices. Lower the heat and simmer for 20 minutes, stirring frequently, until the rhubarb falls apart and is reduced to about 1-1/2 cups.

Transfer the rhubarb to a metal bowl set in a larger bowl of ice and cold water. Chill, stirring occasionally, until cold, about 5 minutes.

Meanwhile, beat the heavy cream and confectioner's sugar in a bowl with an electric mixer until it just holds stiff peaks. Add the sour cream and sherry and beat until the mixture returns to stiff peaks.

Layer the rhubarb and whipped cream in each of four glasses. Top with gingersnap crumbs.

Chill until ready to serve.

Per Serving (excluding unknown items): 899 Calories; 21g Fat (20.8% calories from fat); 10g Protein; 168g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 1170mg Sodium. Exchanges: 0 Non-Fat Milk; 4 1/2 Fat; 11 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	899	Vitamin B6 (mg):	trace
% Calories from Fat:	20.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	74.5%	Thiamin B1 (mg):	.3mg

% Calories from Protein:	4.6%
Total Fat (g):	21g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	8mg
Carbohydrate (g):	168g
Dietary Fiber (g):	4g
Protein (g):	10g
Sodium (mg):	1170mg
Potassium (mg):	643mg
Calcium (mg):	157mg
Iron (mg):	11mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	140IU
Vitamin A (r.e.):	41RE

Riboflavin B2 (mg):	.5mg
Folacin (mcg):	130mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	5
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	11

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	899	Calories from Fat:	187
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% Daily Values*

Total Fat	21g	32%
Saturated Fat	5g	24%
Cholesterol	8mg	3%
Sodium	1170mg	49%
Total Carbohydrates	168g	56%
Dietary Fiber	4g	15%
Protein	10g	
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Vitamin A		3%
Vitamin C		0%
Calcium		16%
Iron		62%

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