

Rhubarb Upside-Down Cake

Claris Rolfszen

Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

3 cups rhubarb, chopped
1/2 cup brown sugar
1 cup white sugar
1 package white cake mix
butter
whipped cream

Preheat the oven to 350 degrees.

Mix the rhubarb and sugars. Put in a 9x13-inch pan. Dot with butter.

Prepare the cake mix according to package directions and pour over the rhubarb.

Bake for a few minutes longer than the package directs.

Serve with whipped cream.

Per Serving (excluding unknown items): 1874 Calories; 40g Fat (18.8% calories from fat); 19g Protein; 366g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 2420mg Sodium. Exchanges: 1 Fruit; 8 Fat; 23 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1874
% Calories from Fat:	18.8%
% Calories from Carbohydrates:	77.1%
% Calories from Protein:	4.1%
Total Fat (g):	40g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	15g
Cholesterol (mg):	0mg
Carbohydrate (g):	366g
Dietary Fiber (g):	10g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	198mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
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Protein (g): 19g
Sodium (mg): 2420mg
Potassium (mg): 1719mg
Calcium (mg): 1062mg
Iron (mg): 7mg
Zinc (mg): 2mg
Vitamin C (mg): 30mg
Vitamin A (i.u.): 3711U
Vitamin A (r.e.): 36 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 23 1/2

Nutrition Facts

Amount Per Serving

Calories 1874 **Calories from Fat:** 353

% Daily Values*

Total Fat 40g	61%
Saturated Fat 6g	30%
Cholesterol 0mg	0%
Sodium 2420mg	101%
Total Carbohydrates 366g	122%
Dietary Fiber 10g	39%
Protein 19g	
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Vitamin A	7%
Vitamin C	50%
Calcium	106%
Iron	40%

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