NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Selection:

Choose rhubarb stalks that are flat and are not curled or limp. Choose stalks that are a deeper red color, as they will be sweeter and richer.

Storage:

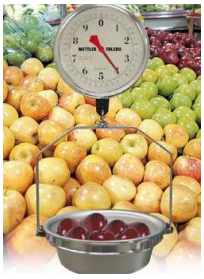
Wrap unwashed rhubarb in plastic wrap and store in the refrigerator for up to 1 week. Cooked and raw rhubarb can be frozen for up to 9 months.

Refrigerator: Up to 1 week
Freezer: Up to 9 months

Use:

Cut off and discard the leaves (never eat the leaves, cooked or raw). Rinse the stalk and trim the base and top. The stalk may be peeled or cut with the skin intact.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of rhubarb you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Rhubarb

Use this table to find the total cost.
Example: What is the total cost for 2.5 lbs of Rhubarb at $1.49 per lb? **2.5 lbs x $1.49 = $3.73**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

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Nutrition:

½ cup Rhubarb

Nutrition Facts	
Serving Size 1/2 cup (61g)	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 2% •	Vitamin C 8%
Calcium 6% •	Iron 0%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for ½ cup of rhubarb.

Recipe:

Baked Rhubarb with Raspberries

Preparation Time: 60 minutes
Serves 4
Cups of Vegetables per Serving: 1

Ingredients:

1⅓ cups of raspberries (about 6 oz.)
¾ cup of firmly packed light brown sugar
¼ cup very hot water
2 tablespoons margarine, cut into bits
¼ teaspoon of vanilla
1 pound of rhubarb, trimmed and cut into ½-inch pieces (about 4 cups)
8 small scoops of low-fat frozen yogurt

Preparation:

1.) Preheat the oven to 350ºF.
2.) In a blender, puree the raspberries with the brown sugar and water. Strain the puree through a sieve into a bowl, pressing hard on the solids. Stir in the margarine, vanilla, and rhubarb.
3.) Transfer the mixture to an 11x7- inch baking dish and bake on the middle rack for 30 minutes. Stir very gently every 15 minutes.
4.) Cook until the rhubarb is soft.
5.) Cool for 10 minutes and serve over low-fat frozen yogurt.

Nutrition Information per Serving:
Calories 450, Total Fat 11 g, Saturated Fat 3.5 g, Cholesterol 65 mg, Sodium 125 mg, Carbohydrates 82 g, Dietary Fiber 5 g, Protein 11 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.