

PREPARATION: 25 MINUTES

FREEZING: 4 HOURS

SERVINGS: 12

1½ QUARTS OF ICE CREAM

RHUBARB ICE CREAM



Nutrient Analysis

PER SERVING: ½ cup ice cream with ½ cup strawberries

RENAL EXCHANGE: 1 Starch + 1½ Medium Potassium Fruit + 1 Fat

Calories	210 Kcal	Sodium	42 mg
Protein	3 g	Potassium	266 mg
Total Carbohydrate	39 g	Phosphorus	56 mg
Fiber	2 g	Calcium	70 mg
Sugars	35 g	Iron	1 mg
Fat	6 g	Magnesium	18 mg
Saturated	5 g	Vitamin C	51 mg
Cholesterol	1 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
 Dialysis
 Transplant

RHUBARB ICE CREAM

INGREDIENTS

3 cups rhubarb, stripped and diced

1 cup white sugar

1 cup water

2 egg whites*

¼ cup white sugar

2 cups low fat Cool Whip®

Strawberries

* Instead of using raw eggs the FDA recommends to use either shell eggs that have been treated to destroy Salmonella, by pasteurization or another approved method, or pasteurized egg products.

PREPARATION

- 1 Simmer rhubarb, 1 cup sugar and water in a medium sauce pan until tender (about 20 minutes).
- 2 Cool and place in freezer. Freeze to a mush. It takes about 1½ hours depending on freezer. Whisk to fluff.
- 3 Beat egg whites and ¼ cup sugar until soft peaks form.
- 4 Fold into fluffed rhubarb mixture, add Cool Whip® and mix thoroughly with a spoon.
- 5 Put into a plastic container with cover and freeze for a minimum of 2½ hours.
- 6 Serve half a cup of rhubarb ice cream with half a cup of strawberries per person.

NOTE

✓ *The ice cream can be kept in the freezer for 1 month.*



Presented by



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