



Buffalochef's Strawberry Rhubarb Pie

 Vegetarian

READY IN



150 min.

SERVINGS



8

CALORIES



258 kcal

DESSERT

Ingredients

- 0.3 cup butter chilled
- 3 tablespoons crystallized ginger minced
- 3 eggs
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg freshly grated
- 0.8 pound rhubarb chopped
- 0.1 teaspoon salt

- 1 pint strawberries fresh sliced
- 1.3 cups sugar white

Equipment

- bowl
- baking sheet
- oven
- whisk
- pie form
- pastry cutter

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Roll out half the pie crust pastry to a circle about 11 inches in diameter, and fit the crust into a 9-inch pie dish.
- Place the pie dish onto a rimmed baking sheet.
- Whisk together 1/2 cup of sugar, 1/2 cup of flour, and 1 teaspoon of cinnamon in a bowl. With a pastry cutter, chop in the butter until the topping resembles crumbs; set the topping aside.
- In another bowl, stir together the strawberries, rhubarb, 1 1/3 cup of sugar, crystallized ginger, 1/4 cup of flour, nutmeg, 1/4 teaspoon of cinnamon, and salt until thoroughly combined; beat in the eggs.
- Roll the rest of the pastry out into an 11-inch circle, and cut the crust into 1/2-inch wide strips. Spoon the strawberry-rhubarb filling into the bottom crust, and sprinkle the crumb topping evenly all over the filling. Moisten the rim of the filled bottom crust with a bit of water, and lay the two longest strips in a cross in the middle of the pie. Working from the next longest down to the shortest strips, alternate horizontal and vertical strips, weaving the strips as you go. Press the lattice strips down onto the bottom crust edge to seal, and trim the top crust strips neatly. Press the crust edges with a fork dipped in a little flour to make a crimped edge.
- Bake in the preheated oven for 10 minutes, then reduce heat to 350 degrees C (175 degrees C) until the pie is bubbling, and the crust and crumb topping are lightly browned, 45 to 50 more minutes. Cool pie at least 1 hour before serving.

Nutrition Facts

PROTEIN 5% FAT 26.24% CARBS 68.76%

Properties

Glycemic Index:40.39, Glycemic Load:26.95, Inflammation Score:-4, Nutrition Score:7.614782727283%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 257.72kcal (12.89%), Fat: 7.78g (11.96%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 43.73g (15.9%), Sugar: 39.58g (43.98%), Cholesterol: 76.63mg (25.54%), Sodium: 108.68mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 38.19mg (46.29%), Manganese: 0.36mg (17.94%), Vitamin K: 14.34µg (13.66%), Selenium: 7.37µg (10.53%), Fiber: 2.1g (8.45%), Folate: 32.39µg (8.1%), Vitamin B2: 0.13mg (7.61%), Potassium: 243mg (6.94%), Vitamin A: 317.16IU (6.34%), Phosphorus: 59.05mg (5.9%), Calcium: 58.77mg (5.88%), Iron: 0.83mg (4.63%), Vitamin E: 0.63mg (4.19%), Vitamin B1: 0.06mg (4.05%), Magnesium: 16.04mg (4.01%), Vitamin B5: 0.39mg (3.88%), Vitamin B6: 0.07mg (3.41%), Vitamin B3: 0.6mg (3.02%), Copper: 0.06mg (2.93%), Vitamin B12: 0.16µg (2.65%), Zinc: 0.38mg (2.53%), Vitamin D: 0.33µg (2.2%)