



Delicious Rhubarb Custard Pie

READY IN



75 min.

SERVINGS



8

CALORIES



170 kcal

Ingredients

- 30 g butter melted
- 3 eggs well beaten
- 30 g flour
- 7 g nutmeg
- 1 pie crust dough
- 150 g rhubarb raw chopped (around 600 g)
- 1 dash salt

Equipment

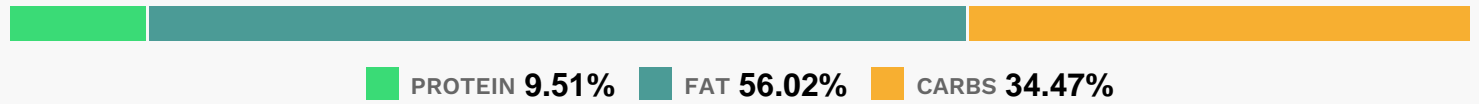
- bowl

- oven
- aluminum foil

Directions

- Combine all the ingredients except the eggs and butter in a large bowl.
- Put the mixture into a pre-baked pie crust.
- Pour the beaten eggs over the rhubarb mixture.
- Drizzle the melted butter over the top of the pie. Make sure all the rhubarb is covered with the eggs/butter.
- Bake at 400 F (220 C) for 50 minutes. Since the crust has already been baked, you might want to tent some aluminum foil around the edges of the pie so that the exposed part of the crust doesn't get too brown.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:4.5217391304348%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg

Taste

Sweetness: 55.51%, Saltiness: 50.77%, Sourness: 63.64%, Bitterness: 15.58%, Savoriness: 29.66%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 169.78kcal (8.49%), Fat: 10.54g (16.22%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 13.45g (4.89%), Sugar: 0.53g (0.59%), Cholesterol: 69.44mg (23.15%), Sodium: 140.26mg (6.1%), Protein: 4.03g (8.05%), Selenium: 7.81µg (11.15%), Manganese: 0.19mg (9.31%), Vitamin B2: 0.14mg (8.09%), Folate: 31.58µg (7.9%), Vitamin K: 7.37µg (7.02%), Vitamin B1: 0.1mg (6.76%), Iron: 1.08mg (6.02%), Phosphorus: 57.41mg (5.74%), Fiber: 1.15g (4.61%), Vitamin B3: 0.88mg (4.38%), Vitamin A: 203.04IU (4.06%), Vitamin B5: 0.38mg (3.75%), Calcium: 32.48mg (3.25%), Potassium: 105.36mg (3.01%), Vitamin E: 0.41mg (2.74%), Vitamin B12:

0.15µg (2.55%), Zinc: 0.38mg (2.5%), Magnesium: 9.92mg (2.48%), Vitamin B6: 0.05mg (2.32%), Copper: 0.05mg (2.31%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.53mg (1.85%)