



Grandma's Strawberry-Rhubarb Pie

READY IN

ready

80 min.

SERVINGS

servings

10

CALORIES

calories

458 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter cubed
- ☐ 0.5 cup butter-flavored shortening recommended: Crisco
- ☐ 0.5 cup cake flour soft recommended: As Silk
- ☐ 1 eggs
- ☐ 1 egg white with 1 teaspoon water beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose as needed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon juice of lemon

- ☐ 0.5 teaspoon lemon zest
- ☐ 2 tablespoons minute tapioca
- ☐ 3 teaspoons powdered sugar sifted
- ☐ 2.5 cups rhubarb fresh red chopped
- ☐ 1 pinch salt
- ☐ 0.3 cup butter salted
- ☐ 1.3 cups sugar for high altitude
- ☐ 10 servings granule sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vinegar
- ☐ 0.3 cup water ice cold
- ☐ 2.5 cups de-stemmed washed and cut strawberries in larger pieces

Equipment

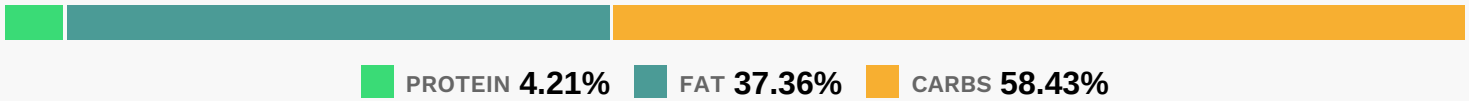
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Using 2 pastry blenders, blend the flours, sugar, shortening, butter and salt.
- ☐ Whisk the egg, vinegar and water in a 2-cup measure and pour over the dry ingredients incorporating all the liquid without overworking the dough. Toss the additional flour over the ball of dough and chill if possible. Divide the dough into 2 disks.
- ☐ Roll out 1 piece of dough to make a bottom crust.
- ☐ Place into a pie dish. Put dish in refrigerator to chill.
- ☐ Preheat oven to 425 degrees F.

- ☐ Mix the rhubarb, strawberries, sugar, tapioca, flour, zest and juice of lemon, dash of cinnamon, and vanilla.
- ☐ Mix well in a large bowl and pour out into chilled crust. Dot the top of the filling with the butter.
- ☐ Brush edges of pie crust with egg white wash.
- ☐ Roll out the other piece of dough and place over filling. Crimp to seal edges.
- ☐ Brush with egg white wash and garnish with large granule sugar. Collar with foil and bake at 425 degrees F for 15 minutes. Decrease temperature to 375 degrees F and bake for an additional 45 to 50 minutes, or until the filling starts bubbling. Higher altitude will take 450 degrees F and 400 degrees F respectively. Also, you can use a pie bird for extra decor.
- ☐ Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:43.91, Inflammation Score:-4, Nutrition Score:8.8195652365685%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 457.95kcal (22.9%), Fat: 19.33g (29.74%), Saturated Fat: 7.85g (49.08%), Carbohydrates: 68.01g (22.67%), Net Carbohydrates: 65.83g (23.94%), Sugar: 39.8g (44.23%), Cholesterol: 37.6mg (12.53%), Sodium: 81.98mg (3.56%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 4.9g (9.79%), Vitamin C: 23.84mg (28.89%), Manganese: 0.45mg (22.29%), Selenium: 13.97µg (19.96%), Folate: 62.51µg (15.63%), Vitamin K: 16.01µg (15.25%), Vitamin B1: 0.23mg (15.1%), Vitamin B2: 0.19mg (11.31%), Vitamin B3: 1.83mg (9.14%), Iron: 1.58mg (8.8%), Fiber: 2.18g (8.71%), Vitamin E: 1.13mg (7.56%), Vitamin A: 306.45IU (6.13%), Phosphorus: 58.47mg (5.85%), Potassium: 192.27mg (5.49%), Calcium: 43.75mg (4.37%), Magnesium: 16.83mg (4.21%), Copper: 0.08mg (4.02%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.39mg (2.59%), Vitamin B6: 0.05mg (2.32%)