



## Lattice-Topped Rhubarb Pie

READY IN



45 min.

SERVINGS



10

CALORIES



274 kcal

DESSERT

### Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 5 tablespoons ice water
- ☐ 1.5 teaspoons milk 1% low-fat
- ☐ 1.5 teaspoons orange rind grated
- ☐ 1.5 pounds rhubarb 1-inch-thick ()
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar

- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup butter unsalted cold cut into small pieces
- ☐ 3 tablespoons vegetable shortening

## Equipment

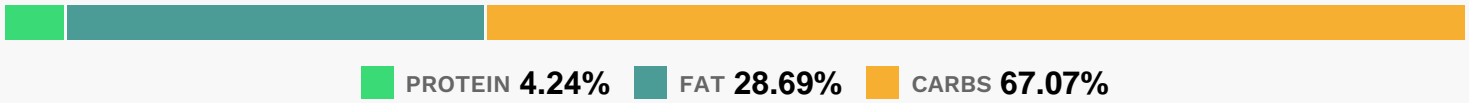
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

## Directions

- ☐ To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 3 tablespoons sugar, and salt in a large bowl; cut in butter and shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with ice water, 1 tablespoon at a time; toss with a fork until moist and crumbly (do not form a ball).
- ☐ Gently press two-thirds of dough into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap.
- ☐ Roll dough into a 12-inch circle. Press remaining dough into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap.
- ☐ Roll dough into a 9-inch circle. Freeze both dough portions 10 minutes or until plastic wrap can be easily removed.
- ☐ Preheat oven to 42

- ☐ Remove 1 sheet of plastic wrap from 12-inch dough circle; fit dough, plastic-wrap side up, into a 9-inch pie plate coated with cooking spray, allowing dough to extend over edge of plate.
- ☐ Remove top sheet of plastic wrap; fold edges under, and flute.
- ☐ To prepare filling, combine rhubarb and the next 4 ingredients (rhubarb through nutmeg), tossing well to combine. Spoon filling into crust.
- ☐ Remove top sheet of plastic wrap from remaining dough.
- ☐ Cut dough into 12 (3/4-inch) strips. Gently remove dough strips from bottom sheet of plastic wrap, and arrange in a lattice design over rhubarb mixture. Seal dough strips to edge of crust.
- ☐ Brush top and edges of dough with milk; sprinkle with 1 tablespoon sugar.
- ☐ Place pie on a baking sheet covered with foil.
- ☐ Bake at 425 for 15 minutes. Reduce oven temperature to 375 (do not remove pie from oven).
- ☐ Bake an additional 30 minutes or until golden (shield crust with foil if it gets too brown). Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:36.83, Glycemic Load:29.64, Inflammation Score:-3, Nutrition Score:6.2839130726845%

## Flavonoids

Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.41mg, Epicatechin 3-gallate: 0.41mg, Epicatechin 3-gallate: 0.41mg, Epicatechin 3-gallate: 0.41mg

## Nutrients (% of daily need)

Calories: 274.05kcal (13.7%), Fat: 8.9g (13.69%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 46.81g (15.61%), Net Carbohydrates: 44.94g (16.34%), Sugar: 25.61g (28.46%), Cholesterol: 12.24mg (4.08%), Sodium: 34.15mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin K: 22.44µg (21.37%), Manganese: 0.29mg (14.33%), Vitamin B1: 0.19mg (12.49%), Selenium: 8.46µg (12.08%), Folate: 45.11µg (11.28%), Vitamin B2: 0.14mg (8.03%), Fiber: 1.88g (7.52%), Vitamin B3: 1.5mg (7.51%), Vitamin C: 5.85mg (7.09%), Iron: 1.2mg (6.65%), Calcium: 65.25mg (6.53%), Potassium: 223.3mg (6.38%), Vitamin A: 214IU (4.28%), Vitamin E: 0.56mg (3.77%), Phosphorus: 35.77mg (3.58%), Magnesium: 13.49mg (3.37%), Copper: 0.05mg (2.58%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.24mg (1.57%), Vitamin B6: 0.03mg (1.36%)