



Latticed Rhubarb Pie

 Vegetarian  Gluten Free

READY IN



255 min.

SERVINGS



1

CALORIES



1306 kcal

DESSERT

Ingredients

- 3 tablespoons cornstarch
- 1 cup granulated sugar
- 2 teaspoons cup heavy whipping cream whole
- 2 tablespoons orange juice freshly squeezed (from)
- 2 teaspoons orange zest finely grated (from 2 medium oranges)
- 2 pounds rhubarb ends trimmed cut into 1/2-inch pieces
- 0.1 teaspoon salt fine
- 2 tablespoons butter unsalted cut into small pieces ()

Equipment

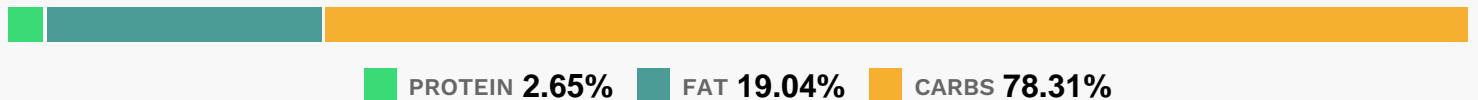
- bowl
- baking sheet
- oven
- whisk
- wire rack
- aluminum foil

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Set a baking sheet lined with aluminum foil on the rack while the oven is heating.
- Whisk together the sugar, cornstarch, zest, and salt in a large bowl to combine.
- Add the rhubarb and orange juice and stir until the rhubarb is well coated; set aside while you roll out the dough. On a lightly floured surface, roll out the slightly larger disk of dough to about 13 inches in diameter and 1/4 inch thick. (Don't worry if the dough cracks—just press it back together.) Line a 9-1/2-inch deep-dish pie plate with the dough and trim it to leave a 1-inch overhang. Stir the rhubarb filling to reincorporate any accumulated juices in the bottom of the bowl.
- Pour the filling into the prepared pie plate and spread it into an even layer. Scatter the butter pieces over the filling; set aside.
- Roll out the remaining disk of dough on a lightly floured surface to about 12 inches in diameter and 1/4 inch thick.
- Cut it into 12 (1-inch-wide) strips.
- Brush the overhang of the crust in the pie plate with a thin layer of the milk, half-and-half, or cream. To begin the vertical part of the lattice, you will need 6 of the dough strips. Pick up every other strip (this ensures that you'll have matching lengths for both the vertical and horizontal lattices) and lay them evenly spaced vertically across the filling, placing the longest strip near the center of the pie. Pull every other strip toward you, gently folding it in half back onto itself. To begin the horizontal part of the lattice, use the remaining 6 dough strips.
- Lay the longest strip horizontally slightly above the center of the pie. Unfold the folded vertical strips over the horizontal strip. Fold the strips that are now under the horizontal strip back toward you over the first horizontal strip.

- Place a second strip horizontally about 1/2 inch above the first. Unfold the folded vertical strips to cover the second horizontal strip. Fold the ones that are now under the second strip back toward you. Repeat with a third strip horizontally about 1/2 inch above the second horizontal strip so that about half of the pie is now woven. Return to the center and fold the vertical strips that are under the longest horizontal strip up toward the woven half of the pie.
- Place a horizontal strip about 1/2 inch below the longest strip on the unwoven side of the pie. Unfold the folded vertical strips over the horizontal strip. Fold the strips that are under the horizontal strip over the woven part of the pie. Repeat with a horizontal strip about 1/2 inch below the last strip. Unfold the folded vertical strips to cover the strip. Fold the strips that are under the horizontal strip over the woven part of the pie. Finish with the final strip about 1/2 inch below the last horizontal strip so that the pie is now completely woven. Trim the overhanging strips flush with the edges of the pie and, using your fingers or the back of a fork, crimp the dough to seal.
- Brush the top and edges of the pie with a thin layer of the remaining milk, half-and-half, or cream.
- Place the pie on the baking sheet and bake for 15 minutes. Reduce the oven temperature to 350°F and continue baking until the crust is golden brown and the juices are bubbling, about 1 hour.
- Remove the pie to a wire rack and cool completely before serving, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:135.09, Glycemic Load:144.66, Inflammation Score:-9, Nutrition Score:33.20391308743%

Flavonoids

Catechin: 19.69mg, Catechin: 19.69mg, Catechin: 19.69mg, Catechin: 19.69mg Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg Epicatechin 3-gallate: 5.44mg, Epicatechin 3-gallate: 5.44mg, Epicatechin 3-gallate: 5.44mg, Epicatechin 3-gallate: 5.44mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1305.89kcal (65.29%), Fat: 28.86g (44.4%), Saturated Fat: 17.18g (107.34%), Carbohydrates: 267.13g (89.04%), Net Carbohydrates: 250.09g (90.94%), Sugar: 212.74g (236.38%), Cholesterol: 71.5mg (23.83%), Sodium: 337.37mg (14.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.09%), Vitamin K: 268.12µg (255.35%), Vitamin C: 95.07mg (115.24%), Manganese: 1.81mg (90.28%), Calcium: 806.34mg (80.63%), Potassium: 2710.17mg (77.43%), Fiber: 17.04g (68.15%), Vitamin A: 1856.85IU (37.14%), Magnesium: 115.47mg (28.87%), Vitamin E: 3.21mg (21.43%), Vitamin B2: 0.35mg (20.72%), Folate: 76.14µg (19.04%), Selenium: 12.51µg (17.87%), Phosphorus: 149.27mg (14.93%), Vitamin B1: 0.22mg (14.68%), Vitamin B3: 2.91mg (14.56%), Iron: 2.33mg (12.93%), Vitamin B6: 0.24mg (12.14%), Copper: 0.24mg (12.05%), Vitamin B5: 0.91mg (9.12%), Zinc: 1.02mg (6.79%), Vitamin D: 0.58µg (3.87%), Vitamin B12: 0.06µg (1.06%)