



Maman's Fresh Strawberry Rhubarb Pie

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 3 tablespoons cornstarch
- 1.3 cups graham crackers crushed
- 1 tablespoon juice of lemon
- 0.5 cup rhubarb diced
- 1 pound strawberries fresh halved lengthwise
- 0.8 cup water
- 0.8 cup sugar white

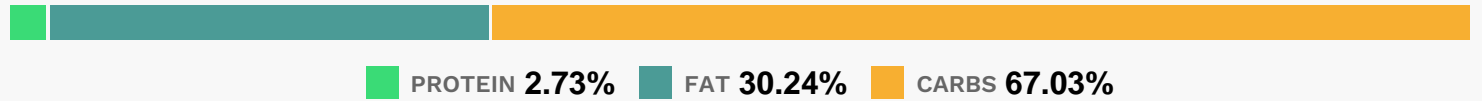
Equipment

- sauce pan
- pie form

Directions

- Mix together the graham cracker crumbs and melted butter; press into the bottom of a 9-inch pie dish. Line the bottom of the pie crust with 1 layer of strawberry halves.
- Place the remaining strawberries in a saucepan and crush (there should be about 1 cup of crushed berries); stir the rhubarb, sugar, water, and cornstarch into the crushed berries. Bring the mixture to a boil over medium-low heat, stirring often, until the mixture thickens and becomes translucent. Turn off the heat, let the mixture stand until slightly cooled, about 2 minutes; stir in the lemon juice.
- Pour the mixture into the pie dish over the strawberry halves.
- Refrigerate until completely chilled, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:21.98, Inflammation Score:-3, Nutrition Score:5.0256521449141%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg 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: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 214.26kcal (10.71%), Fat: 7.41g (11.4%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 35.18g (12.79%), Sugar: 24.85g (27.62%), Cholesterol: 15.25mg (5.08%), Sodium: 140.74mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin C: 34.67mg (42.03%), Manganese: 0.24mg (11.82%), Fiber: 1.78g (7.13%), Folate: 21.2µg (5.3%), Iron: 0.86mg (4.76%), Phosphorus: 45.32mg (4.53%), Magnesium: 17.15mg (4.29%), Potassium: 137.7mg (3.93%), Vitamin B3: 0.78mg (3.89%), Vitamin A: 191.97IU (3.84%), Vitamin K: 3.98µg (3.79%), Vitamin B2: 0.05mg (3.22%), Vitamin B1: 0.05mg (3.2%), Calcium: 29.47mg (2.95%), Zinc: 0.37mg (2.49%), Vitamin E: 0.35mg (2.35%), Vitamin B6: 0.04mg (2.18%), Copper: 0.04mg (1.98%)