



Mini Strawberry Rhubarb Lattice Pies

READY IN



75 min.

SERVINGS



6

CALORIES



628 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 3 cups rhubarb fresh chopped
- 3 cups strawberries fresh
- 1.5 cups granulated sugar
- 1 juice of lime
- 1 Dash ground ginger
- 1 Dash ground cinnamon
- 0.5 cup cornstarch
- 14.1 oz pie crust dough refrigerated softened (2 Count)

- 1 egg whites well beaten
- 0.3 cup sugar raw (sugar)

Equipment

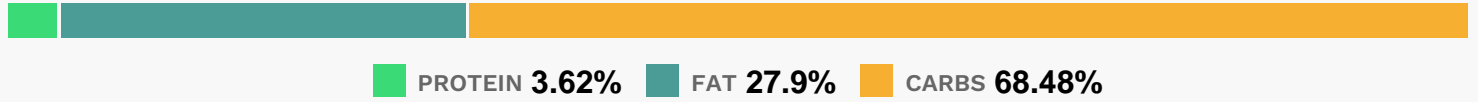
- frying pan
- oven
- knife
- blender
- muffin liners
- cutting board
- pastry brush
- pizza cutter

Directions

- Heat oven to 375°F. Generously spray 6 regular-size muffin cups with cooking spray.
- In 10-inch skillet, melt butter over medium-high heat.
- Add rhubarb; cook about 7 minutes or until very soft.
- Add strawberries and granulated sugar; cook until mixture begins to thicken slightly.
- Remove from heat. Stir in lime juice, ginger and cinnamon.
- Pour mixture into blender.
- Add cornstarch; cover and blend with on-and-off pulses until pureed. Set aside.
- On large cutting board, unroll pie crusts.
- Cut 3 (4-inch) rounds from each crust. Press rounds into muffin cups, leaving crust edges hanging over sides of cups. With knife, trim crust edge slightly to even out crust hanging over edges.
- Spoon 1/2 cup strawberry-rhubarb filling into each crust-lined muffin cup.
- Using pizza cutter, cut remaining pie crust into 42 strips, about 3 inches long and 1/8-inch wide. For each mini pie, weave 8 strips together to create lattice square; cut square with 2 1/2-inch round cutter. Gently place lattice round over top of filling in crust-lined muffin cup.
- Roll overhanging pie crust edge to meet lattice top.

- With pastry brush, brush tops of each mini pie with beaten egg white.
- Sprinkle with turbinado sugar.
- Bake 25 to 30 minutes or until filling is set and crust is golden brown.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:29.68, Glycemic Load:36.76, Inflammation Score:-5, Nutrition Score:11.929130518566%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 628.25kcal (31.41%), Fat: 19.78g (30.44%), Saturated Fat: 6.68g (41.78%), Carbohydrates: 109.25g (36.42%), Net Carbohydrates: 104.82g (38.12%), Sugar: 62.49g (69.43%), Cholesterol: 5.02mg (1.67%), Sodium: 300.82mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Vitamin C: 48.72mg (59.06%), Manganese: 0.79mg (39.47%), Vitamin K: 24.57µg (23.4%), Fiber: 4.43g (17.73%), Folate: 68.99µg (17.25%), Vitamin B1: 0.21mg (14.29%), Iron: 2.32mg (12.91%), Vitamin B3: 2.29mg (11.46%), Vitamin B2: 0.18mg (10.63%), Potassium: 371.68mg (10.62%), Selenium: 6.48µg (9.26%), Calcium: 81.82mg (8.18%), Phosphorus: 77.65mg (7.77%), Magnesium: 28.61mg (7.15%), Copper: 0.11mg (5.54%), Vitamin E: 0.75mg (4.99%), Vitamin B5: 0.43mg (4.31%), Vitamin B6: 0.09mg (4.27%), Zinc: 0.49mg (3.28%), Vitamin A: 132.88IU (2.66%)