



WHATSheATE



Mom's Raspberry-Rhubarb Pie



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1 large egg yolk
- ☐ 8 servings pastry for a 9-inch lattice-top pie
- ☐ 3.5 cups raspberries rinsed drained
- ☐ 1.3 cups sugar

Equipment

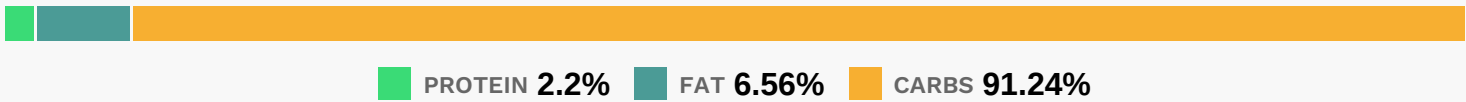
- ☐ bowl
- ☐ oven

- ☐ pizza pan
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a bowl, mix sugar and cornstarch.
- ☐ Add raspberries and rhubarb and gently mix to coat.
- ☐ Scrape mixture into unbaked bottom crust in pan. Cover with lattice top and flute edges (see notes). Line a 12-inch pizza pan or a 10- by 15-inch baking pan with foil (to catch drips) and set pie on foil.
- ☐ Bake on bottom rack of a 375 regular oven or 350 convection oven for 30 minutes. Meanwhile, in a small bowl, beat egg yolk with 2 teaspoons water to blend.
- ☐ Brush lattice top and crust edges lightly with yolk mixture (save extra for other uses or discard). Continue baking until filling bubbles in the center, 40 to 50 minutes longer in regular oven, about 1 hour and 40 minutes in convection. If crust browns too quickly (check 10 minutes after brushing with egg yolk mixture), cover pie loosely with foil.
- ☐ Let pie cool on a rack at least 2 hours.
- ☐ Serve, or chill airtight up to 1 day.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:24.25, Inflammation Score:-2, Nutrition Score:3.9808695679126%

Flavonoids

Cyanidin: 24.03mg, Cyanidin: 24.03mg, Cyanidin: 24.03mg, Cyanidin: 24.03mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Epigallocatechin 3-gallate:

0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 183.23kcal (9.16%), Fat: 1.39g (2.14%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 40.16g (14.6%), Sugar: 35.61g (39.56%), Cholesterol: 22.95mg (7.65%), Sodium: 4.73mg (0.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Manganese: 0.36mg (18.06%), Vitamin C: 13.76mg (16.67%), Fiber: 3.46g (13.85%), Vitamin K: 4.27µg (4.07%), Folate: 14.91µg (3.73%), Vitamin E: 0.52mg (3.45%), Magnesium: 11.94mg (2.98%), Copper: 0.05mg (2.72%), Iron: 0.48mg (2.67%), Selenium: 1.85µg (2.64%), Phosphorus: 24.63mg (2.46%), Vitamin B2: 0.04mg (2.37%), Potassium: 82.99mg (2.37%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.28mg (1.87%), Vitamin B6: 0.04mg (1.83%), Vitamin B3: 0.36mg (1.78%), Calcium: 16.38mg (1.64%), Vitamin B1: 0.02mg (1.63%)