



Nicki's Summer Strawberry Rhubarb Pie

READY IN



205 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 1 egg white beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon orange juice
- ☐ 0.3 teaspoon orange zest grated
- ☐ 2 tablespoons quick-cooking tapioca
- ☐ 2.5 cups rhubarb fresh chopped
- ☐ 1 teaspoon salt

- ☐ 2.5 cups strawberries fresh chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable shortening chilled
- ☐ 1.3 cups sugar white

Equipment

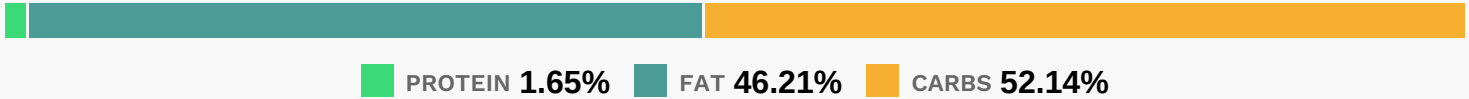
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ pie form
- ☐ pastry cutter

Directions

- ☐ Whisk 2 1/2 cups of flour and salt together in a large bowl. With a pastry cutter, chop the vegetable shortening and unsalted butter into the flour until the mixture resembles coarse crumbs with a few pea-sized pieces of fat; stir in ice water, 1 tablespoon at a time, just until the mixture holds together when squeezed. Divide dough in half, and form each half into a ball; wrap the balls in plastic wrap, and refrigerate at least 1 hour or up to overnight.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Roll out a dough ball on a floured surface into an 11-inch circle; fit the crust into a 9-inch pie dish. Refrigerate while making filling.
- ☐ Mix strawberries, rhubarb, 1 1/4 cup of sugar, tapioca, 2 tablespoons of flour, vanilla extract, orange juice, orange zest, and cinnamon together in a bowl.
- ☐ Pour the filling into the crust-lined pie dish.
- ☐ Sprinkle 2 tablespoons of butter pieces over the filling.
- ☐ Roll the second dough ball out into a 10-inch circle on a floured surface, and gently place the top crust onto the filling. Crimp the edges together with a fork to seal.

- ☐
- Brush the pie with beaten egg white, and cut several slits into the top crust with a sharp knife..
- ☐
- Bake in the preheated oven until the crust is golden brown and the filling is bubbling, 55 minutes to 1 hour. Cover the pie edges with strips of aluminum foil if they start to brown too quickly. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:38.14, Glycemic Load:24.04, Inflammation Score:-3, Nutrition Score:5.3986956645613%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 302.26kcal (15.11%), Fat: 15.99g (24.6%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 38.88g (14.14%), Sugar: 33.94g (37.72%), Cholesterol: 7.53mg (2.51%), Sodium: 322.32mg (14.01%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 1.29g (2.57%), Vitamin C: 29.82mg (36.14%), Vitamin K: 19.27µg (18.35%), Manganese: 0.29mg (14.33%), Vitamin E: 1.1mg (7.36%), Fiber: 1.71g (6.84%), Potassium: 190.58mg (5.45%), Calcium: 43.45mg (4.34%), Folate: 17.31µg (4.33%), Vitamin B2: 0.05mg (3.23%), Selenium: 2.21µg (3.16%), Magnesium: 11.52mg (2.88%), Vitamin A: 133.26IU (2.67%), Vitamin B1: 0.04mg (2.44%), Iron: 0.4mg (2.21%), Vitamin B3: 0.41mg (2.05%), Phosphorus: 19.76mg (1.98%), Vitamin B5: 0.2mg (1.97%), Copper: 0.04mg (1.83%), Vitamin B6: 0.03mg (1.61%)