



Orange-Kissed Strawberry Rhubarb Pie

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter cut into small chunks
- ☐ 1 pastry for a 10-inch double crust pie
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon milk
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon orange peel grated
- ☐ 0.3 cup quick-cooking tapioca
- ☐ 4 cups rhubarb cut into 1/2 inch pieces

- ☐ 0.3 teaspoon salt
- ☐ 2 cups strawberries fresh quartered
- ☐ 1 tablespoon sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Divide the pie pastry in half, roll out half to a round pie crust about 12 inches in diameter, and place the pie crust in the bottom of a 10-inch pie dish. Refrigerate the other half of the pie pastry until needed.
- ☐ Stir the 1 1/2 cups of sugar, the salt, orange peel, tapioca, and nutmeg together in a bowl until well blended. Gently stir in the rhubarb, strawberries, and orange juice, taking care not to crush the strawberries; pour into the prepared pie crust. Dot the filling with butter pieces.
- ☐ Roll the reserved pie pastry out to about a 12-inch circle and place the top crust over the fruit filling.
- ☐ Fold the edges of the top and bottom crust together to seal the two crusts together. Form a rounded indentation in the edge of the pie crust by placing your left index finger against the outer edge of the crust, and pinching the crust against it with the index finger and thumb of your right hand. Move around the edge of the pie, pinching the crust edge against your left index finger to make a fluted crust.
- ☐ Brush milk over the top crust of the pie and sprinkle with 1 tablespoon of sugar.
- ☐ Cut several vent holes in the top crust.
- ☐ Bake in the preheated oven until the filling is thickened and bubbling and the crust has browned, 40 to 50 minutes. Check after 30 minutes of baking time; if the crust edges are browning too quickly, cover them with strips of aluminum foil. Cool the pie before serving.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:10.02, Inflammation Score:-4, Nutrition Score:7.8682608364717%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg, Epicatechin 3-gallate: 0.42mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 246.49kcal (12.32%), Fat: 14.84g (22.83%), Saturated Fat: 4.84g (30.27%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 23.84g (8.67%), Sugar: 4.92g (5.46%), Cholesterol: 7.75mg (2.58%), Sodium: 175.05mg (7.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Vitamin C: 30.09mg (36.48%), Vitamin K: 23.85µg (22.72%), Manganese: 0.41mg (20.56%), Selenium: 8.32µg (11.88%), Vitamin B1: 0.15mg (10.09%), Folate: 39.31µg (9.83%), Fiber: 2.32g (9.28%), Vitamin B3: 1.63mg (8.17%), Potassium: 269.12mg (7.69%), Vitamin B2: 0.12mg (7.02%), Calcium: 65.66mg (6.57%), Iron: 1.09mg (6.03%), Magnesium: 18.19mg (4.55%), Phosphorus: 39.77mg (3.98%), Vitamin E: 0.52mg (3.47%), Vitamin A: 173.44IU (3.47%), Copper: 0.07mg (3.47%), Vitamin B6: 0.04mg (2.13%), Zinc: 0.29mg (1.94%), Vitamin B5: 0.12mg (1.23%)