



## Orange Rhubarb Pie

READY IN



75 min.

SERVINGS



8

CALORIES



354 kcal

DESSERT

### Ingredients

- 1.3 cups sugar divided
- 0.3 cup flour all-purpose
- 0.3 teaspoon salt
- 3 tablespoons orange juice concentrate
- 0.3 cup butter melted
- 3 eggs separated
- 2.5 cups rhubarb fresh diced cut into 1-2-inch pieces)
- 1 pie crust dough (9 inches)
- 0.3 cup walnut pieces chopped

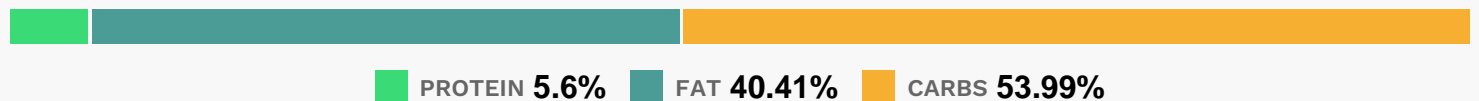
## Equipment

- bowl
- oven
- wire rack
- aluminum foil

## Directions

- In a large bowl, combine 1 cup sugar, flour and salt. Stir in orange juice and butter. In a small bowl, lightly beat egg yolks; stir into the orange juice mixture until blended.
- Add rhubarb.
- In a large bowl, beat egg whites until soft peaks begin to form; gradually beat in remaining sugar, 1 tablespoon at a time, until stiff peaks form. Fold into rhubarb mixture.
- Pour into pie shell. top with nuts.
- Bake at 375&deg; for 15 minutes. Reduce heat to 325&deg;; bake for 40 minutes or until golden brown. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Cool on a wire rack. Store in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:28.51, Glycemic Load:24.18, Inflammation Score:-3, Nutrition Score:7.1613043805827%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg

## Nutrients (% of daily need)

Calories: 354.2kcal (17.71%), Fat: 16.27g (25.03%), Saturated Fat: 6.22g (38.9%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 47.21g (17.17%), Sugar: 33.46g (37.17%), Cholesterol: 76.63mg (25.54%), Sodium: 231.03mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Manganese: 0.37mg (18.52%), Vitamin

C: 11.15mg (13.52%), Vitamin K: 13.43µg (12.79%), Selenium: 8.54µg (12.2%), Folate: 41.71µg (10.43%), Vitamin B2: 0.17mg (9.86%), Vitamin B1: 0.14mg (9.04%), Phosphorus: 79.48mg (7.95%), Iron: 1.28mg (7.13%), Fiber: 1.71g (6.82%), Vitamin A: 327.46IU (6.55%), Copper: 0.12mg (6.22%), Potassium: 216.08mg (6.17%), Calcium: 55.6mg (5.56%), Vitamin B3: 1.05mg (5.25%), Magnesium: 20.39mg (5.1%), Vitamin B5: 0.46mg (4.55%), Vitamin B6: 0.09mg (4.52%), Vitamin E: 0.61mg (4.06%), Zinc: 0.54mg (3.62%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.33µg (2.2%)