



Raspberry Rhubarb Pie

READY IN



60 min.

SERVINGS



8

CALORIES



765 kcal

DESSERT

Ingredients

- 6 tablespoons butter melted
- 1 deep dish pie crust frozen
- 0.5 cup flour all-purpose
- 3 cups raspberries fresh
- 1 pie crust dough refrigerated softened
- 3 cups rhubarb fresh
- 1.5 cups sugar
- 2 tablespoons vanilla
- 1 quart whipped cream

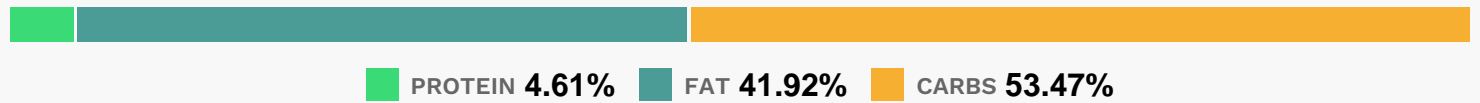
Equipment

- bowl
- oven
- aluminum foil
- pastry brush

Directions

- Heat oven to 350F. In a large bowl, mix rhubarb, raspberries, 4 tablespoons of the butter, vanilla, 1 1/3 cups of the sugar and flour until all fruit is coated; spoon into deep dish pie crust.
- Slice a few small diamonds in refrigerated crust.
- Place crust on top of the pie.
- Using a small basting brush; spread remaining melted butter over the top crust.
- Sprinkle remaining sugar over top.
- Bake 30 minutes. Cover the top of the pie with loose layer of foil; return to oven for an additional 40 to 50 minutes or until the crust is golden brown and the rhubarb mixture is bubbly.
- Remove from the oven; allow to cool 2 to 3 hours. Slice and serving with heaps of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:36.89, Glycemic Load:47.81, Inflammation Score:-6, Nutrition Score:14.328695924386%

Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg

Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg
Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Epicatechin 3-gallate: 0.27mg,
Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-
gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-
gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin:
0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 764.66kcal (38.23%), Fat: 35.77g (55.03%), Saturated Fat: 17.5g (109.4%), Carbohydrates: 102.63g
(34.21%), Net Carbohydrates: 96.91g (35.24%), Sugar: 65.43g (72.7%), Cholesterol: 74.62mg (24.87%), Sodium:
351.89mg (15.3%), Alcohol: 1.12g (100%), Alcohol %: 0.45% (100%), Protein: 8.86g (17.72%), Manganese: 0.69mg
(34.56%), Vitamin B2: 0.44mg (26.1%), Fiber: 5.71g (22.86%), Vitamin K: 23.82µg (22.68%), Calcium: 216.12mg
(21.61%), Vitamin C: 16.16mg (19.59%), Phosphorus: 189.33mg (18.93%), Folate: 69.81µg (17.45%), Vitamin B1: 0.26mg
(17.12%), Vitamin A: 822.14IU (16.44%), Potassium: 497.87mg (14.22%), Selenium: 8.18µg (11.69%), Iron: 2.1mg (11.64%),
Vitamin B3: 2.3mg (11.52%), Vitamin B5: 1.11mg (11.09%), Vitamin E: 1.57mg (10.44%), Magnesium: 41.69mg (10.42%),
Zinc: 1.35mg (8.99%), Vitamin B12: 0.48µg (7.99%), Copper: 0.13mg (6.59%), Vitamin B6: 0.12mg (6.05%), Vitamin
D: 0.24µg (1.58%)