



Raspberry-Rhubarb Pie

READY IN



45 min.

SERVINGS



12

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 0.3 cup cornstarch
- ☐ 2 tablespoons crème de cassis black currant-flavored (liqueur)
- ☐ 6 tablespoons flour all-purpose
- ☐ 2 tablespoons quick-cooking tapioca uncooked

- ☐ 24 ounces raspberries fresh
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 3.5 cups rhubarb fresh chopped (6 stalks)
- ☐ 0.1 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Place tapioca in a spice or coffee grinder; process until finely ground.
- ☐ Combine tapioca, raspberries, and next 5 ingredients (through 1/8 teaspoon salt) in a bowl; toss well.
- ☐ Let raspberry mixture stand 10 minutes; stir to combine.
- ☐ Roll 1 (9-inch) dough portion into an 11-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray, draping excess dough over edges. Spoon raspberry mixture and any remaining liquid into dough. Fold edges under; flute.
- ☐ Bake at 350 for 40 minutes.
- ☐ While pie bakes, place flour and remaining ingredients in a food processor; pulse 10 times or until mixture resembles coarse crumbs.
- ☐ Increase the oven temperature to 37
- ☐ Sprinkle topping evenly over pie.
- ☐ Bake at 375 for 15 minutes or until topping is golden brown and filling is thick and bubbly. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:3.01, Inflammation Score:-4, Nutrition Score:9.3126088254478%

Flavonoids

Cyanidin: 27.54mg, Cyanidin: 27.54mg, Cyanidin: 27.54mg, Cyanidin: 27.54mg Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 2.96mg, Delphinidin: 2.96mg, Delphinidin: 2.96mg, Delphinidin: 2.96mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 336.54kcal (16.83%), Fat: 12.58g (19.35%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 53.37g (17.79%), Net Carbohydrates: 47.79g (17.38%), Sugar: 22.73g (25.25%), Cholesterol: 5.02mg (1.67%), Sodium: 192.24mg (8.36%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 4.06g (8.13%), Manganese: 0.7mg (34.83%), Vitamin C: 22.16mg (26.86%), Fiber: 5.58g (22.31%), Vitamin K: 17.61µg (16.77%), Folate: 47.18µg (11.8%), Vitamin B1: 0.16mg (10.5%), Iron: 1.83mg (10.18%), Vitamin E: 1.32mg (8.83%), Vitamin B3: 1.72mg (8.62%), Vitamin B2: 0.13mg (7.94%), Potassium: 276.28mg (7.89%), Magnesium: 30.62mg (7.65%), Calcium: 76.1mg (7.61%), Phosphorus: 63.39mg (6.34%), Copper: 0.12mg (6.17%), Selenium: 4.22µg (6.02%), Vitamin B5: 0.43mg (4.25%), Vitamin B6: 0.07mg (3.59%), Zinc: 0.54mg (3.57%), Vitamin A: 119.36IU (2.39%)