



## Rhubarb and Strawberry Pie

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



10

CALORIES



98 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 1 egg yolk
- 0.5 cup flour all-purpose
- 1 pound rhubarb fresh chopped
- 2 pints strawberries fresh
- 2 tablespoons sugar white

### Equipment

- bowl

- oven
- pastry brush

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a large bowl, mix flour and sugar.
- Add strawberries and chopped rhubarb. Toss with sugar and flour and let stand for 30 minutes.
- Pour filling into pie crust. Dot top with butter, and cover with top crust. Seal edges of top and bottom crust with water.
- Apply yolk to top of pie, using a pastry brush.
- Sprinkle with sugar.
- Cut small holes in top to let steam escape.
- Bake at 400 degrees F (200 degrees C), for 35 to 40 minutes, or until bubbly and brown. Cool on rack.

## Nutrition Facts

■ PROTEIN **7.76%** ■ FAT **27.91%** ■ CARBS **64.33%**

## Properties

Glycemic Index:24.81, Glycemic Load:7.44, Inflammation Score:-5, Nutrition Score:8.6760869155759%

## Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.41mg, Epicatechin 3-gallate: 0.41mg, Epicatechin 3-gallate: 0.41mg, Epicatechin 3-gallate: 0.41mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 97.67kcal (4.88%), Fat: 3.19g (4.91%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 13.68g (4.97%), Sugar: 7.55g (8.39%), Cholesterol: 25.46mg (8.49%), Sodium: 21.78mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin C: 59.27mg (71.85%), Manganese: 0.5mg (24.9%), Vitamin K: 15.6µg (14.86%), Fiber: 2.88g (11.51%), Folate: 40.04µg (10.01%), Potassium: 284.8mg (8.14%), Calcium: 58.11mg (5.81%), Selenium: 4.05µg (5.78%), Vitamin B1: 0.08mg (5.61%), Magnesium: 19.27mg (4.82%), Iron: 0.83mg (4.6%), Vitamin B2: 0.08mg (4.48%), Vitamin B3: 0.87mg (4.36%), Phosphorus: 43.5mg (4.35%), Vitamin E: 0.51mg (3.41%), Copper: 0.07mg (3.28%), Vitamin B6: 0.06mg (3.22%), Vitamin A: 153.55IU (3.07%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.27mg (1.77%)