



## Rhubarb Cream Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



328 kcal

DESSERT

### Ingredients

- 19-inch deep dish pie crust ()
- 3 eggs beaten
- 0.3 cup flour all-purpose
- 0.8 teaspoon ground nutmeg
- 4 cups rhubarb chopped
- 1.5 cups sugar white

### Equipment

- bowl

oven

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a large bowl, mix together sugar, flour, and nutmeg. Stir in eggs.
- Add rhubarb, and toss until thoroughly coated.
- Pour filling into pastry shell.
- Bake in preheated oven for 50 to 60 minutes.

## Nutrition Facts



**PROTEIN 5.5%** **FAT 26.98%** **CARBS 67.52%**

## Properties

Glycemic Index:28.51, Glycemic Load:28.59, Inflammation Score:-2, Nutrition Score:6.4913043561189%

## Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg

## Nutrients (% of daily need)

Calories: 328.19kcal (16.41%), Fat: 10.04g (15.44%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 56.53g (18.84%), Net Carbohydrates: 54.89g (19.96%), Sugar: 38.22g (42.47%), Cholesterol: 61.38mg (20.46%), Sodium: 126.08mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin K: 22.17µg (21.12%), Manganese: 0.29mg (14.61%), Selenium: 8.56µg (12.23%), Folate: 41.07µg (10.27%), Vitamin B2: 0.16mg (9.45%), Vitamin B1: 0.11mg (7.62%), Iron: 1.27mg (7.04%), Calcium: 68.66mg (6.87%), Potassium: 229.74mg (6.56%), Fiber: 1.64g (6.55%), Phosphorus: 65.04mg (6.5%), Vitamin C: 4.89mg (5.92%), Vitamin B3: 1.13mg (5.67%), Vitamin E: 0.69mg (4.6%), Vitamin B5: 0.42mg (4.24%), Magnesium: 14.74mg (3.68%), Vitamin A: 151.51IU (3.03%), Zinc: 0.44mg (2.93%), Vitamin B6: 0.06mg (2.9%), Copper: 0.06mg (2.86%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%)