



Rhubarb Custard Pie

READY IN



215 min.

SERVINGS



10

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 10 servings confectioners' sugar for serving
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.7 cup heavy cream
- ☐ 2 tablespoons orange juice
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 1 sheet pie dough refrigerated (from a 14.1-ounce package)
- ☐ 1.3 pounds rhubarb trimmed halved lengthwise cut into 1-inch pieces (4 1/2 cups) (6 medium stems)

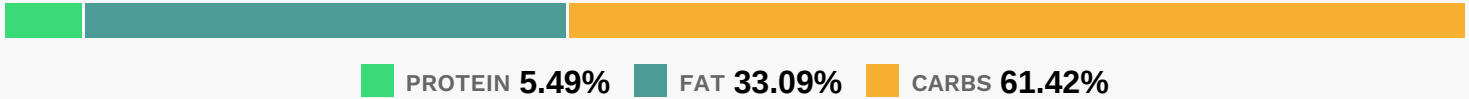
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Fit the pie dough into a 9-inch pie plate, fluting the edges, and chill until set, about 15 minutes. Prick the bottom and sides with a fork, and then line the crust with aluminum foil. Fill with pie weights or dried beans and bake until the edges of the crust are just golden, 20 minutes.
- ☐ Remove the foil with the pie weights and continue to bake until the bottom of the crust is dry and lightly browned, another 10 to 15 minutes. Cool completely.
- ☐ Toss the rhubarb with 1/4 cup granulated sugar and the orange zest and juice until well combined.
- ☐ Transfer to the crust and spread to form an even layer.
- ☐ Place the pie on a rimmed baking sheet.
- ☐ Whisk the eggs with the cream, flour and remaining 1/2 cup granulated sugar until smooth, and then pour over the rhubarb.
- ☐ Bake until the pie is lightly browned, puffed and no longer wet in the center, about 1 hour 15 minutes. Cool completely on a wire rack. Before serving, lightly dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:12.58, Inflammation Score:-3, Nutrition Score:4.4843478565631%

Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.48kcal (9.12%), Fat: 6.9g (10.62%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 27.71g (10.08%), Sugar: 24.21g (26.9%), Cholesterol: 55.13mg (18.38%), Sodium: 21.57mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin K: 17.17µg (16.35%), Vitamin C: 6.47mg (7.84%), Selenium: 5.38µg (7.68%), Vitamin A: 352.29IU (7.05%), Manganese: 0.14mg (6.86%), Vitamin B2: 0.11mg (6.68%), Calcium: 66.09mg (6.61%), Potassium: 203.08mg (5.8%), Fiber: 1.12g (4.5%), Phosphorus: 40.99mg (4.1%), Folate: 16.14µg (4.04%), Vitamin B1: 0.05mg (3.1%), Vitamin D: 0.45µg (3.03%), Vitamin E: 0.41mg (2.72%), Iron: 0.48mg (2.68%), Vitamin B5: 0.26mg (2.63%), Magnesium: 10.21mg (2.55%), Vitamin B6: 0.04mg (1.96%), Vitamin B3: 0.39mg (1.95%), Vitamin B12: 0.11µg (1.91%), Zinc: 0.25mg (1.67%), Copper: 0.03mg (1.43%)