



Rhubarb Custard Pie II

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons milk
- ☐ 4 cups rhubarb diced
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

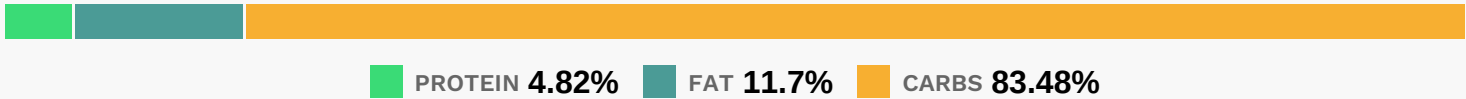
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Roll out pastry for bottom crust, and place in a pie dish.
- ☐ Place rhubarb in crust.
- ☐ In a large bowl, beat the eggs slightly.
- ☐ Mix in sugar, flour, vanilla, milk, and butter or margarine.
- ☐ Pour mixture over rhubarb. Cover with top crust, and seal the edges.
- ☐ Bake at 400 degrees F (205 degrees C) for 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:24.61, Glycemic Load:29.9, Inflammation Score:-1, Nutrition Score:3.8639130488686%

Flavonoids

Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg

Nutrients (% of daily need)

Calories: 208.39kcal (10.42%), Fat: 2.79g (4.29%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 44.8g (14.93%), Net Carbohydrates: 43.83g (15.94%), Sugar: 40.78g (45.31%), Cholesterol: 52.65mg (17.55%), Sodium: 31.91mg (1.39%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 2.59g (5.17%), Vitamin K: 14.46µg (13.77%), Selenium: 5.99µg (8.55%), Vitamin B2: 0.11mg (6.18%), Manganese: 0.12mg (6.17%), Calcium: 56.14mg (5.61%), Potassium: 170.58mg (4.87%), Vitamin C: 3.9mg (4.73%), Phosphorus: 41.25mg (4.12%), Folate: 15.38µg (3.85%), Fiber: 0.96g (3.85%), Vitamin A: 163.33IU (3.27%), Vitamin B1: 0.04mg (2.81%), Iron: 0.5mg (2.8%), Vitamin B5: 0.28mg (2.76%), Vitamin B12: 0.14µg (2.4%), Magnesium: 8.74mg (2.19%), Vitamin D: 0.31µg (2.09%), Vitamin E: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.92%), Zinc: 0.27mg (1.77%), Vitamin B3: 0.35mg (1.74%), Copper: 0.03mg (1.37%)